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Clara Hughes

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Say it ain't so, Tim

King of coffee does a double-double take on layoffs. Page 11.

Toronto taking on wind tunnels

Development.
New policies in works to better manage icy urban gusts

ROSEMARY WESTWOOD
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As towering buildings go up across Toronto, city planners say they're working to reduce one side effect of highrise development: wind tunnels.

Toronto is not the windiest city in Canada, but pedestrians in the downtown core could be forgiven for thinking it is.

"That's one of the impacts that come with tall buildings," said James Parakh, the city's urban design manager. "One of the places that's notoriously been referred to as very windy is King and Bay."

Yorkville is another blustery location, and the city has received a number of complaints about streets around the Four Seasons Hotel, he added.

"We've had a number of conversations with the Four Seasons, and we're looking at exploring ways in which wind conditions there can be improved," Parakh said.

Bigger plans are also in the works. The city is updating its urban design policies and that includes looking for ways to "strengthen the language that we have in the official plan to deal with wind mitigation and wind issues," Parakh said.

The city is also creating a new development permit system, which would shift away from considering developments on a site-by-site basis and consider them in the context of the areas they're in, which may allow the city to highlight areas of greater concern.

Developers of any new tall buildings are already required to submit reports that show how a proposed building will impact gusts at street level.

One of the most effective tactics involves a "podium" — a wider base for a building that's a few stories high, above which the building gets narrower. Other features could include large glass or concrete canopies and windscreens.

Toronto doesn't have specific guidelines on what should be considered safe — or comfortable — wind speeds, and relies instead on the expertise of engineers who specialize in wind tunnel testing for developers.

The big chill

These are some of the coldest spots as determined by David Leonard, founder of Twitter weather updates via #DLWS, and his comments:

- **King & Bay:** "Monstrous."
- **Harbourfront Centre ice rink:** "So cold, because it's right on the water."
- **Humber Bridge:** "So beautiful, but you'll die if you go there."
- **Yonge & Bloor:** "Bad."

People battle strong wind gusts — and the frigid cold that comes with them — near King and Bay streets. DAVID VAN DYKE/METRO

MAKING RAINBOWS FOR SPORTS

With the Pan Am and Para Pan Am Games coming to the campus in July, Mike Plumton, chair of the Positive Space committee at the University of Toronto Scarborough campus, is launching an effort to focus more attention on LGBTQ issues in sport. Story, page 8.

CONTRIBUTED

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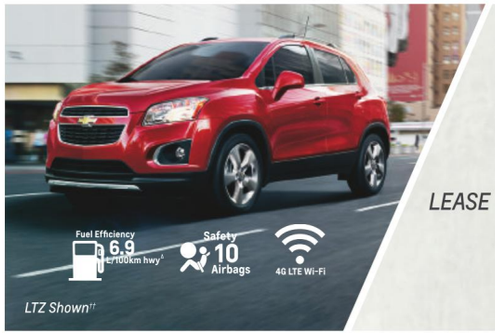

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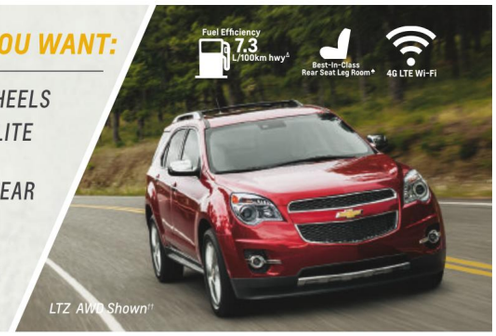

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Relief for Liberty Village commuters

LUKE SIMCOE
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Well that didn't take long.

Liberty Village commuters mourning Line Six — the private shuttle service that hit the brakes last week due to legal concerns — already have another alternate transit provider vying for their patronage.

A crowdsourced carpool service by French ex-pat Nicolas Mareschal, called cLink, has launched a pilot project in the transit-starved neighbourhood.

Residents will soon be able to use the app to share seats in their cars or cabs as they drive downtown.

"Since moving to Toronto, I always hear people complaining about transportation in Liberty Village," Mareschal said.

The King streetcar is known for being cramped and the area near Liberty Village is notoriously starved for transit. A crowd-sourced carpool tool is promising relief. TORSTAR NEWS SERVICE FILE

"The only option is the streetcar and the King car is always packed."

Mareschal, 26, decided to start the project after reading about Line Six's suspension. He believes the shuttle service proved there's a market for new forms of transit in the area.

"Liberty Village is quite young. There's a lot of young professionals there," he said.

"And the younger generation is more into the sharing economy. They don't want to own a car any more. It's too expensive.... They just want to be able to get from point A to point B conveniently."

Although cLink invites comparisons to Uber, Mareschal shrugs off any similarities between his service and the controversial ride-share company.

"Uber is a completely different business model," he said. "Our goal is to fill the empty seats on the road but not add to the number of cars on the road."

Mareschal wouldn't offer up numbers, but told Metro there's been a "great" response to the Liberty Village project since it was announced Monday.

For more information, visit clinkme.co.

Quoted

Our goal is to fill the empty seats on the road but not add to the number of cars on the road."

Nicolas Mareschal, who launched cLink

Talking to strangers is about to get easier

ShoutzApp. New Toronto-based app lets people in transit connect anonymously by location

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Awkward silence is the hallmark of Toronto transit.

But if the founders of a new iPhone app have their way, that will soon change.

ShoutzApp envisions a world where anonymous, location-based conversations let strangers connect.

Like Snapchat, the conversations delete after a set time period. But like Twitter, everyone tuned in — and within range — can see the messages.

"If I have something I'm selling I can say, 'I have an iPhone for sale,'" says co-founder Shehryar Qureshy, 32, who has a day job as an engineer.

"It could be classifieds, missed connections, it could be if you're driving and you're in traffic, you can open a bubble one kilometre ahead and say, 'Hey, what's the traffic here for?'"

Users of the app are able to set up a message bubble for a specific time period, within a specific radius. Anyone else using the app in that location will see the message thread.

Qureshy says he's seen a lot of use at Union Station and on GO trains. One person, for example, used the app to warn others on the train that the fare enforcer was coming.

Qureshy himself has been riding GO Transit for more than a decade and said he got the idea after seeing the same people sit in the same seats and get off at the same stations. Despite that, he never talked to them.

"Especially on the GO train you have a captive audience," he said, adding the app could be used "at the university, or at the bar. You know how difficult it can be to approach people."

Right now, people can't post pictures.

"If people can anonymously post things, it can get dirty pretty fast," Qureshy said.

On the web

For more local news, go to metronews.ca

Expansion planned

- ShoutzApp launched in December and has had a few hundred downloads so far — all users who have helped Qureshy and his 22-year-old brother and co-founder, Mohammad Ali, work through the bugs.
- The brothers plan to launch an Android version soon and will be targeting universities and Union Station in their first marketing push.
- Perhaps most appealing for people worried about all of the information some apps now collect, ShoutzApp only wants to know one thing: Your location.
- "When you download the app, you don't sign in or sign out, nothing is collected," not even your phone number, Qureshy said. "It assigns you a random user name."
- Eventually, Qureshy hopes the app will make money via sponsored ads.

Transit users are among the prime targets for a new app hoping to connect strangers, says Shehryar Qureshy, co-founder of ShoutzApp. DAVID VAN DYKE/METRO

Leaf fan looking for new players

Hockey. Frustrated fan posts cheeky ad online for anyone capable of "putting the puck in the net"

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Alex Mucci is frustrated with the Maple Leafs' recent mediocre run.

Make that really frustrated. So frustrated, in fact, that he's decided to take matters in his own hands.

The 21-year-old lifelong hockey fan has posted a snarky, yet unusual, ad online, looking to recruit forwards, defencemen and goalies for his favourite team in the NHL. He is, in his own words, looking for anyone capable of "putting the puck in the net."

"Instead of going to the game and throwing my jersey on ice, which I think is disrespectful and embarrassing, I thought this is the best way to send out a message," he said from his home in Barrie.

But what message, exactly?

Players think fans shouldn't be mad at them, he said, but if they're going to be playing that badly, fans should be entitled to voicing their displeasure.

"People pay a lot of money to come to the arena," said Mucci, disclosing he's only been to two games at Air Canada Centre this season — including one in November when the team was crushed 9-2 by the Nashville Predators. The frustration is justified, he added.

In January alone, the Maple Leafs have only won once in 10 games. Their current record on the season is 22-23-3 and they'll be looking to break a six-game losing streak tonight when they face the New Jersey Devils on the road.

It's no surprise many Leafs fans feel the same way, or worse. Since posting the ad, Mucci said, he's received more than 100 replies, most in support of his feelings.

"Thanks for being an awesome Canadian," one of them said.

At least one person responded negatively to the ad, calling Mucci a "goof."

About 10 people even sent him resumés in confidential emails, he said. He didn't reply to them, though. "Clearly they didn't get the joke," he said, laughing.

The ad has been viewed about 40,000 times.

On a serious note, Mucci thinks the Leafs should consider "tanking" and getting a high draft pick, rather than finishing the season just outside the playoff picture.

The ultimate fan? Alex Mucci thinks fans should be able to voice displeasure. CONTRIBUTED

Quoted

"As a diehard fan, I think we should rebuild if we want to win big in the future."

Alex Mucci, on the Maple Leafs

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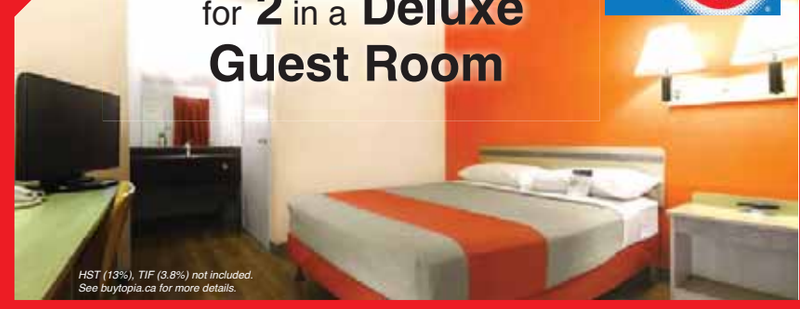

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TTC customer-service chief Chris Upfold dreams of offering fare discounts in real time and off-peak travel perks — like coupons for free coffee — with the data-collecting capabilities of the Presto fare card. With these kinds of services, the daily commute could be less jam-packed and more comfortably spacious. DAVID VAN DYKE/METRO/TORSTAR NEWS SERVICE FILE

Possibilities abound with Presto, including free coffee

Transit. New fare card offers TTC access to more rider data and potential to introduce real-time pricing incentives

LUKE SIMCOE
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Big data is coming to the TTC, bringing with it the promise of a smoother commute and maybe even a free coffee.

As Presto rolls out across Toronto's transit system, experts say the new fare card will revolutionize the way the TTC collects and uses data about its riders.

"Presto is a game-changer," said J.P. Boutros, transit adviser to former TTC chair Karen Stintz. "You're only as good as your data, and right now we don't have the information."

Much of the data about how — or how many — people use the TTC is still collected manually, and often imperfectly. The Transportation Tomorrow Survey, for example, polls only five per cent of TTC users, while ridership counts are done by staff standing at stops or inside stations (some buses are fitted with a sensor that counts riders as they board).

Presto will automate much of that data collection, and by yoking payment to a single, electronic option, the TTC will get a clearer picture of where riders are and where they're going.

Chris Upfold, head of customer service for the TTC, said the existing data is "good enough" for planning purposes, but he's excited by the potential for real-time pricing incentives.

"Right now, we can't really introduce peak or off-peak pricing or any different kind of fare policy," he said. "Presto lets you change your fare policy because it's flexible; you're just changing some binary numbers in the back office."

In the future, riders waiting for a packed 504 King streetcar could receive a smartphone notification informing them there's less congestion along Queen Street and offering them a discount if they walk north to board instead.

The TTC could also encourage off-peak travel through discounts or other perks. Upfold gave the example of riders potentially receiving a coupon for a coffee at a nearby café if they wait until capacity frees up.

"If you can shift people's behaviours and spread the traffic out, you can use your services and assets more effectively," he said.

The services Upfold is envisioning aren't necessarily in the works — they're more of "a dream," he says. And even if real-time pricing were to become a reality, it likely wouldn't be until the TTC phases out the "gravity system," where tokens or cash are dropped into fare boxes.

In New York, it took the Metropolitan Transit Authority a decade to eliminate tokens after the fare card was introduced in 1993. There's no timeline yet at the TTC, but Upfold expects it will be faster.

However, the data provided by Presto won't be as rich as that collected by other fare systems. In London, where tube fares are calculated by distance, passengers must swipe in and out of the system. The result gives Transport for London a point A and point B for every trip taken on the network.

Upfold said swiping out doesn't make sense on the TTC — he called it a "hassle" — but he's confident the data the transit organization will collect will still be robust.

"If someone taps in at 9 a.m. at Kennedy Station and they tap in again at Osgoode at 5 p.m., you can probably assume they travelled to Osgoode earlier that day," he said.

Personal info

Privacy concerns

While few can argue with the prospect of a less-cramped streetcar, one Toronto-based privacy advocate has some concerns about the TTC tracking his trips.

"The use of aggregate rider data can be really helpful in terms of figuring out how to improve transit," said Christopher Parsons, a post-doctoral fellow at the University of Toronto's Citizen Lab.

"But the question is what minimal amount of data is necessary to collect for that planning, and is there a way to authenticate Presto cards that maximally protects individuals' privacy?"

A spokesperson for Metrolinx told Metro that riders have the option of using Presto cards even if they haven't registered any of their personal information.

That's good, Parsons said, but it may not be enough.

"If you're looking at large datasets, you can start picking out individuals based on just one or two other data points," he said.

Ultimately, any technology like Presto involves some measure of surveillance, and Parsons says he believes it will be up to riders to decide whether the benefits of the card outweigh any concerns.

"That's a choice Torontonians will have to make," he said.

Quoted

"Presto is a natural evolution for the TTC into the 20th century. And yes, I mean the 20th century."

J.P. Boutros, former transit adviser to ex-TTC chair Karen Stintz, on how the Presto card will help the TTC catch up to other major transit systems such as those in New York and London

More online

The TTC does have limited data — and we played with it to make an interactive map. It won't tell you as much as Presto will, but you can find out where people getting on at Union Station end up (spoiler: It's Finch). Explore more stations yourself at metronews.ca/ttcdata.

Sound spending for sound infrastructure

BUDGET DECODER

Day 3. Two-thirds of $31.7-billion capital plan going toward repairing existing infrastructure

MATT ELLIOTT
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The city will spend about $970 million repairing the Gardiner Expressway in the next decade.

It's our, so to speak, billion-dollar baby.

The weird thing is that, after all the work on the highway is done, it won't really look much like a billion dollars. The spending — outlined in the freshly updated, 10-year capital plan released as part of the city budget proposal — won't transform the Gardiner into a marvel of space-age technology. There will be no LEDs, no lasers, no roadside droids performing auto repair.

Instead, it'll look pretty much the same as it does now — only it will be more structurally sound. I don't mean to belittle that. I'm a big fan of things being structurally sound.

But the spending is illustrative of the vast majority of the city's $31.7-billion capital plan.

Two-thirds of that giant pile of money isn't going toward new and improved infrastructure; it's going to making sure the infrastructure we have doesn't break.

The $31.7 billion isn't nearly enough. Due to funding constraints, the city's capital spending plan works a bit like a game of Whack-a-Mole.

While Toronto spends and spends to hammer down one stubborn mole, a bunch of others are poking their heads up, taunting us.

It's looking like a game where the city can't possibly come out on top.

For example, as Toronto spends a billion dollars mostly to solve the structural problems with the Gardiner, the repair bill for the city's other major arterial roads will grow from $91 million this year to $294 million in 2024.

The forecast is even worse for local roads, where the cost of needed repairs will grow from a hefty $287 million to a mind-blowing $783 million.

All told, even with a plan to increase the amount of city debt issued by more than $1.6 billion over the next 10 years, the city's tax-supported state-of-good-repair backlog — the long list of things that need to be fixed, refurbished or replaced — is set to increase.

Debt forecasts

By 2020, forecasts show Toronto will be at its council-imposed debt limit, requiring what city finance staff refers to as a "pause" in issuing new debt to pay for and fix things.

The city just can't keep up with its old infrastructure.

By 2020, forecasts show Toronto will be at its council-imposed debt limit, requiring what city finance staff refers to as a "pause" in issuing new debt to pay for and fix things.

This is not a problem specific to Toronto. Across the GTA, and also across the country, municipalities are struggling with infrastructure as cities and towns get older.

The solution?

Well, a first step might be to recognize that working to fix some of these problems today will always be cheaper than putting that work off until tomorrow. For a long time there's been a tendency to prioritize tax savings over infrastructure spending.

But that strategy, like our infrastructure, isn't looking so structurally sound.

Slogan for church-turned-loft development upsets resident

Is it blasphemous — or humorous?

"Praise the loft," reads a slogan on a tall sign erected outside a church-turned-lofts development that has one Junction Triangle resident up in arms.

Daniel Masih is calling for developers to remove the sign and strip the slogan from the loft website.

Masih said he started a petition two weeks ago and now has 33 signatures.

"It's in bad taste," he said, calling the slogan "blasphemous."

Masih, who grew up in the neighbourhood and was raised Catholic, said his mother alerted him to the sign earlier this month.

"It made my mom very upset and I couldn't live with myself if I didn't do something," he said. "If I was the marketing person for that I would definitely be ashamed."

Daniel Masih TORSTAR NEWS SERVICE

Neighbours he spoke with called the sign "tacky" and "not right," Masih said.

The project — by developers Windmill Development Group, Cornerstone Lofts Ltd., and One Development — is at the corner of Perth and Wallace avenues in a residential west end area.

"It's a pun. It's a joke," said Alex Speigel, head of Windmill Development Group's Toronto office. "I think people should lighten up."

He said the slogan is not blasphemous and no one involved in the project is anti-religious. The slogan — along with another, "Prepare to be converted," — is a "whimsical reference" to the church's history, he said.

He's also surprised by the timing — two years after the sign went up and six months into construction.

Ward 18 city Councillor Ana Bailao said Masih spoke with her office last week but said there is little the city can do.

Masih is the only person who has approached Bailao's office about the wording, she said. But Masih is determined to keep fighting.

He plans to organize a protest outside the development and to keep pushing the issue with the city.

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U of T Scarborough turns its focus to LGBTQ issues in sport

Equality. Campus group aims to encourage dialogue ahead of Pan Am, Para Pan Am games

GILBERT NGABO
gilbert.ngabo@metronews.ca

The LGBTQ community at University of Toronto Scarborough wants sports to be more inclusive — and they're taking action.

With the Pan Am and Para Pan Am games coming to the campus in July, the community wants athletes and sports fans to think more about issues surrounding gender and sexual diversity.

"We want to capitalize on the occasion to talk about what it means to be a gay athlete or a transgender in sports," said Mike Plumton, the university's Positive Space chair. "How do we get people talking about that, and try to leave a legacy that will be favourable to everyone?"

Plumton is getting the ball rolling early. LGBTQ issues in sport and, overall, the importance of inclusion are the focus of the school's Rainbow Tie Gala tonight. The annual event will include the screening of a short video built around a strong message: I belong, you belong, we all belong here.

There may be some LGBTQ athletes coming to compete at Pan Am, and openly gay athletes are starting to become more common in society. But that doesn't mean the environment feels safe for everyone, Plumton said.

"We hear a lot of issues around the locker room," he said. "We hear some people say they stopped playing sports because it wasn't a place where they felt comfortable."

Having well-known athletes come out goes a long way to helping others feel more comfortable, Plumton said.

Mike Plumton is chairman of the Positive Space group at University of Toronto Scarborough. Issues around gender and sexual diversity still exists in locker rooms, he said, "so we keep pushing for sports inclusion here on campus." CONTRIBUTED

"If someone comes out as a gay athlete and they get bullied or harassed, which is still happening on a micro level, that doesn't really get the community anywhere," he said. "Mostly, people are polite and not rude towards LGBTQ people, but they're just silent, not talking about the issues, either.

"And that needs to change."

Homelessness

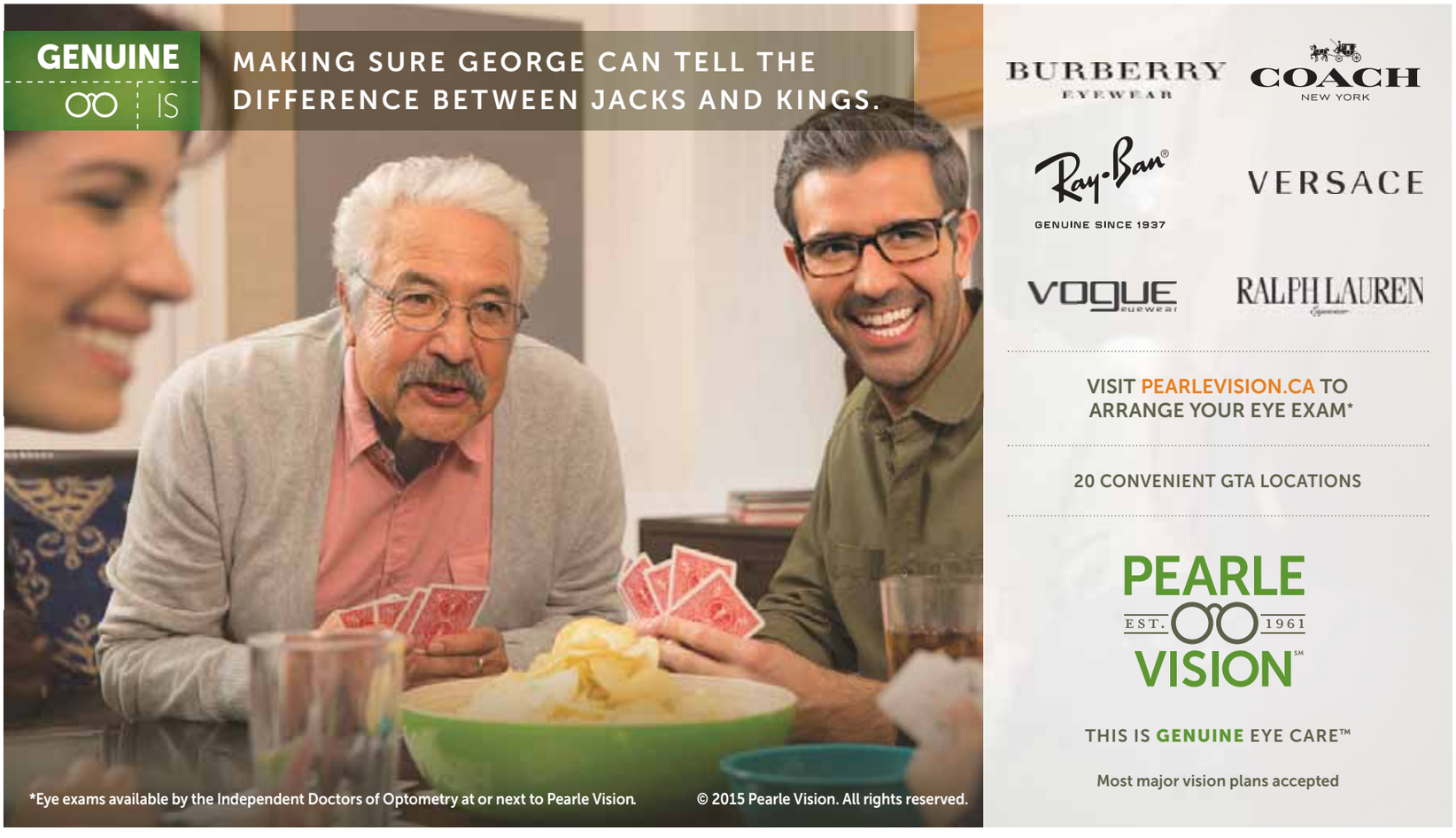
Advocates praise proposed funding for LGBTQ shelters

One in five of Toronto's homeless youth will have access to a shelter tailored specifically to their needs if this year's proposed budget is passed, with funding designated to create 54 beds for young people who identify as a sexual minority.

Twenty per cent of young people in Toronto who are homeless are gay, lesbian, bisexual, transgender or queer, according to a city study released in the fall of 2013. Advocates say homeless youth who are a member of a sexual minority often experience verbal and physical abuse in the city's 11 general population youth shelters.

The proposed budget for 2015 includes $600,000 to fund the creation of 54 LGBTQ beds, which are intended to materialize in the form of two shelters.

TORSTAR NEWS SERVICE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Donna and Gerald Campbell said they were shocked to hear from Edmonton police that their truck stolen in October 2014 was the vehicle Const. David Wynn had been investigating before he was shot. THE CANADIAN PRESS

Couple finds their truck linked to Mountie shooting

Grande Prairie, Alta.
Donna Campbell struck by a heart attack upon learning it was her truck that RCMP Const. David Wynn identified before he was shot

LEAH HOLOIDAY
Metro in Edmonton

When police told Donna Campbell they'd found her stolen truck, the news was simply overwhelming.

"Are you sitting down?" Campbell said the officer asked her twice.

In the ensuing conversation, the Grande Prairie woman learned St. Albert RCMP Const. David Wynn had identified her truck at the Apex Casino parking lot moments before he was shot by Shawn Maxwell Rehn.

Wynn died several days later in hospital.

"I just got shivers. I said, 'Oh, you're kidding,'" Campbell remembered.

Upon hanging up with police, Campbell started having chest pains and asked her husband to take her to the hospital.

"It turned out I had a heart attack," she told Metro. Doctors informed her the attack was stress-induced.

While Campbell is slowly recovering from her attack, she said the entire situation is so sad, especially for the wife and three sons of the 42-year-old Wynn.

Quoted

"This man shouldn't have been out on the streets by the sound of things. It's pretty sad everything that has happened."

Donna Campbell, owner of the stolen truck that Const. David Wynn was investigating prior to his death.

"The poor family," she said. "This man shouldn't have been out on the streets by the sound of things. It's pretty sad everything that has happened."

Campbell and her husband first reported the truck stolen from a south Edmonton hotel parking lot in October, when the couple had driven to the city to do some early Christmas shopping.

"We couldn't believe it," said Campbell, who later learned three F-350s had been stolen the same week in the city, and that these trucks were often targeted by thieves.

After the stipulated 20-day insurance period, the couple was able to file their claim and assumed the truck was long gone.

Police informed Campbell that the truck had been full of stolen property, including a printer, a camera, tools and different purchases from Costco.

Despite a request from Metro, RCMP weren't able to confirm the details by press time.

Politics

Province to lose millions as Senate stalls gambling bill

Cash-strapped provinces will lose millions to foreign gambling websites and criminals over Sunday's Super Bowl because the Senate is stalling legislative changes passed by the House of Commons.

Almost three years after NDP MP Joe Comartin's private member's bill sailed through the House with support of members of all parties, the measure remains mired in the Red Chamber.

With a federal election later this year, there are concerns his law will die in the unelected Senate, meaning the estimated $10-billion-a-year sports gambling industry will continue to thrive underground and abroad.

"The only people profiting from illegal sports betting are criminals and offshore operators who are not licensed and regulated to do business in Canada," Bill Rutsey, president of the Canadian Gaming Association, said Tuesday. Rutsey estimated about $150 million will be illegally wagered in Canada on the NFL championship game this weekend.

"We have an option on the table, and it's called Bill C-290," he said. That's the legislation Comartin pushed through the Commons on March 2, 2012.

Striving to help his beleaguered border city attract American visitors, the New Democrat proposed amending the Criminal Code to allow one-game betting on football, hockey, baseball, soccer, basketball and other sports.

It would help Ontario casinos in Niagara Falls and Windsor open Las Vegas-style "sports books" to attract gamblers wanting to wager on single matches instead of just the existing Pro-Line that requires bets on a minimum of three games simultaneously.

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ISIL. Hostages have less than '24 hours left to live' if prisoner is not released

An online message purportedly from the Islamic State of Iraq and the Levant (ISIL) warned Tuesday that a Japanese hostage and Jordanian pilot the extremists hold have less than "24 hours left to live."

The message again demanded the release of Sajida al-Rishawi, an Iraqi woman sentenced to death in Jordan for involvement in a 2005 terror attack that killed 60 people. It also mentioned for the first time Jordanian pilot Mu'ath al-Kaseasbeh, who is a captive of ISIL, setting a Wednesday afternoon deadline.

Tuesday's video matched a message released over the weekend, though neither bore the logo of ISIL's al-Furqan media arm. The message says that unless the Jordanian government frees al-Rishawi within 24 hours, Goto and the pilot will be killed, adding that this would be the group's last message. The message warns any delaying tactics by the government will result in the death of both men.

Goto has only "24 hours left to live and the pilot has even less," the message said.

Protesters chant "Free Goto" during a rally in front of the Prime Minister's residence in Tokyo on Tuesday.
EUGENE HOSHIKO/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Libya. Gunmen kill nine during hotel shootout in Tripoli, assailants dead

Gunmen stormed a luxury hotel in the Libyan capital of Tripoli on Tuesday, killing four foreigners and five guards, and triggering an hours-long standoff that ended when two assailants set off a grenade that killed them, officials said.

The attack on the Corinthia Hotel, which sits along the Mediterranean Sea, underscores the lawlessness that this North African country descended into following the 2011 ouster and killing of dictator Moammar Gadhafi. The State Department said it was looking into reports of an American casualty in Tuesday's attack.

Libya's security forces responded and after several hours of a standoff, the attackers threw a grenade at the security forces, killing themselves and a security guard. Ten people were also wounded in the attack, including security guards and guests.

"The operation is over," al-Naas said but added that the streets around Corinthia remained closed. He said an investigation was underway.

THE ASSOCIATED PRESS

Massachusetts, Long Island hit hard by nor'easter blizzard

Charlie Glover leaves a two-foot-tall path as he uses a snow blower to dig himself out of the snow on Tuesday in New Bedford, Mass. The not-so-great blizzard of 2015 did wallop the Northeast — Long Island and Massachusetts got hammered — but snowfall in the media capital of New York City was about 0.3 metres. New Jersey and Philadelphia also were spared. Meteorologists say the nor'easter stayed about 120 to 160 kilometres east of its predicted track, which meant the western edge — New York and New Jersey — got 10 inches less than was originally forecast.

PETER PEREIRA/STANDARD TIMES/THE ASSOCIATED PRESS

Hundreds of Auschwitz survivors mark 70 years

Holocaust. Jewish, world leaders and 300 former prisoners gathered at infamous concentration camp to commemorate their liberation

A Jewish leader stood before 300 survivors of a notorious Nazi death camp on Tuesday and asked world leaders to prevent another Auschwitz, warning of a rise of anti-Semitism that has made Jews fearful of walking the streets, and is causing many to flee Europe.

Ronald Lauder, the president of the World Jewish Congress, made his bleak assessment on the 70th anniversary of the liberation of Auschwitz, speaking next to the gate and the railroad tracks that marked the last journey for more than a million people murdered at Auschwitz-Birkenau.

He said his speech was shaped by the recent terrorist attacks in France that targeted Jews and newspaper satirists.

"For a time, we thought that the hatred of Jews had finally been eradicated. But slowly the demonization of Jews started to come back," Lauder said.

Europe witnessed a spasm of anti-Semitism last summer during the war in Gaza, with protests in Paris turning violent along with other hostilities across the continent.

Quoted

"We do not want our past to be our children's future."

Roman Kent, Holocaust survivor

One Holocaust survivor, Roman Kent, became emotional as he issued a plea to world leaders to remember the atrocities and fight for tolerance.

"We do not want our past to be our children's future," the 85-year-old said to applause, fighting back tears as he repeated those words a second time.

The commemorations in Poland, which was under Nazi occupation during the Second World War, were also marked by a melancholic awareness that it may be the last major anniversary that a significant number of survivors will be strong enough to attend.

"The survivors are completely gutted that in their lifetime they went through what they went through and that now they are at the end of their life and they don't know what kind of world they are leaving for their grandchildren," said Stephen Smith, executive director of the USC Shoah Foundation.

"That is very disappointing for them. We have let them down." THE ASSOCIATED PRESS

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Jobs

Tim Hortons to lay off staff at HQ

Tim Hortons is refusing to say how many employees will lose their jobs at its headquarters and regional offices in a reorganization of its operations announced Tuesday.

A spokeswoman said Tuesday it's "still in the process" of notifying staff members who will be affected by widespread changes to its Oakville, Ont., offices and regional offices across the country.

THE CANADIAN PRESS

Loans and mortgages

Big banks finally cut prime rate

Canada's big banks have started passing on some — but not all — of the Bank of Canada's rate cut. Royal Bank was the first to cut its prime rate to 2.85 per cent, effective Wednesday followed by Bank of Montreal, TD Bank, CIBC and Bank of Nova Scotia.

THE CANADIAN PRESS

Facebook, Instagram dismiss cyberattack

Lizard Squad. Group of hackers had claimed responsibility on Twitter for outages

Instagram and Facebook users in Canada, Asia, the U.S., Australia and the U.K. were affected when the social media websites stopped working for about an hour Monday. THE ASSOCIATED PRESS FILE

Facebook said the outage that made its social media sites inaccessible worldwide for about an hour Tuesday was self-inflicted.

Users of PCs and Facebook's mobile app reported they lost access in Asia, Canada, the United States, Australia and the U.K. Facebook-owned Instagram was also inaccessible.

Facebook said the disruption was caused by a technical change and wasn't a cyberattack: "This was not the result of a third-party attack but instead occurred after we introduced a change that affected our configuration systems," it said in a statement.

The temporary loss of service may be Facebook's biggest outage since Sept. 24, 2010, when it was down for approximately 2.5 hours.

Guillermo Lafuente, security consultant at MWR InfoSecurity, said a technical fault was more plausible. A denial-of-service attack would have made the sites unreachable rather than accessible with an error message displayed, he said. Facebook's use of multiple data centres also meant an attack on one would have affected one region, while this outage was worldwide.

Also, restoring service would be a matter of reversing the technical changes, which matched with the brevity of the outage, LaFuente said.

THE ASSOCIATED PRESS

Middle class. Up to $120K qualifies, feds suggest

Finance Minister Joe Oliver insists low- and middle-income families will see two-thirds of the benefits from the Harper government's contentious multibillion-dollar tableau of family-friendly measures.

By that measure, Oliver is suggesting families with annual incomes as high as $120,000 qualify as middle class.

The Finance Department's own internal breakdown of the distribution of relief from the family package shows 68 per cent of the benefits — about two-thirds — will go to families that earn up to $120,000 in 2015.

The Canadian Press obtained the figures under the Access to Information Act.

The government's figures show that 25 per cent of the relief will go to families that earn under $30,000 in 2015; 11 per cent to those earning between $30,000 and $60,000; 15 per cent between $60,000 and $90,000; and 17 per cent between $90,000 and $120,000.

Together, these categories represent 68 per cent of the relief. The remaining 32 per cent share will benefit families that bring in more than $120,000 this year.

THE CANADIAN PRESS

Market Minute

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Natural gas: $2.981 (+10.0¢)
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VOICES

IN DEFENCE OF WINNIPEG

Or, how I learned to stop worrying and 'splain my city in the face of racism accusations

ELISHA DACEY
readers@metronews.ca

Winnipeg Mayor Brian Bowman responds to the Maclean's article on Thursday. Metro's Elisha Dacey argues that Winnipeg was working on its problem with racism long before Maclean's and its "Toronto-splaining" supposedly started the conversation. SHANE GIBSON/METRO IN WINNIPEG

I'm getting bloody tired of defending my city.

"Why do you live there?"

From the snobbish comments about mosquitoes (yes, they can be bad) to the jokes about Winterpeg (yes, winter can be bad), it gets tiresome. Especially when the bulk of the snobbery comes from Canada's wannabe capital.

I think Winnipeg Free Press policy reporter Mary Agnes Welch said it best when she tweeted, "Is it just my Western Canadian chip, or are others cranky with pubs like @globeandmail & @MacleansMag Toronto-splaining our problems to us?"

I share your chip, Mary Agnes.

The latest "Toronto-splain" comes from Maclean's, which branded Winnipeg as having the country's worst racism problem.

Speaking of problems, there are several with the article. For example, the statistics used are for the entire Prairies, not for Winnipeg. The example of Tina Sinclair as a racially motivated murder is flawed, as we don't know who killed her or why. Aboriginal teen Rinelle Harper was sexually assaulted, beaten and thrown into the river by two aboriginal men — that's not racist, that's simply horrific.

But the most frustrating thing for me is that the writer, former Winnipegger Nancy Macdonald, came "back" after the article to meet with local groups. She told the CBC that she was there in hopes of witnessing change and the start of the conversation. News flash, Nancy: We've been talking about it for years. We've been changing for years.

Winnipeg Mayor Brian Bowman reacted to the article by agreeing we have a problem, because we already know this. It's systemic. Anyone who followed the story of Brian Sinclair, an aboriginal man who died from a treatable bladder infection in a Winnipeg emergency room because nurses figured he was a drunk sleeping it off, knows it's a problem.

But we're not afraid of challenges, and we've already started. The city established a Citizen Equity Committee in 2001 with a mandate to advise council on how to integrate and respect all cultures. Meet Me At The Bell Tower is a local group founded a few years ago by a young aboriginal activist living in the city's most depressed neighbourhood as a rallying cry for all Winnipeggers to lift themselves up. There are numerous other examples.

But change like this takes time. It takes generations.

I've lived in other cities. They're racist, too. And they're full of crumbling infrastructure and crooked politicians and bad weather and bugs that bite.

So why do I live here? We embrace winter. We put on bug spray and dance in the city parks. Our music scene is arguably the best in the country. Culturally, you will not find a stronger city. At festivals such as Fringe and Folklarama and Festival du Voyageur, we celebrate our differences. We ignored the naysayers and built the stunning Canadian Museum for Human Rights.

And we've admitted we have a racism problem. Have you?

Elisha Dacey is the Managing Editor of Metro Winnipeg and loves her city. Find her on twitter @elishadacey.

Bell's Let's Talk Day

Damn shame: Overcoming stigma in mental illness

STEPHANIE ORFORD
readers@metronews.ca

The view count on Brene Brown's TED Talk about shame clocks in at more than 4.5 million. Though we're loath to admit it, shame is a hot topic.

It's a major reason people don't seek help with anxiety, depression and other mental-health issues. With today's Let's Talk Day, a campaign by Bell to raise awareness of and reduce the stigma around mental illness, and raise funds for Canadian mental-health initiatives, shame needs to be part of the discussion more than ever.

Sound familiar?

"It's normal to have this level of stress. I'm just not very good at dealing with it."

"I can't say anything now. Too many people are depending on me."

"There are people who are so much worse off than I am, so I have no right to complain."

If you've felt any of these, you're not alone.

Work-related stress, for instance, is ubiquitous. Nearly a third of Canadians experience high levels of stress in the workplace, according to a report released by the Mental Health Commission of Canada last week. A common thread in the report, which outlined 13 key indicators of mental illness in Canada, was that they affect us all. The report identified surprisingly high numbers of people who experienced mental-health issues in everyday situations.

Talking point:

2 OUT OF 3 PEOPLE DON'T SEEK HELP BECAUSE OF FEAR OF JUDGMENT AND REJECTION

CANADIAN MEDICAL JOURNAL

Talking point:

20% OF CANADIANS WILL EXPERIENCE SOME FORM OF MENTAL ILLNESS AT ONE POINT IN THEIR LIVES

CANADIAN HEALTH RESEARCH

Mental wellness in schools was another major concern. The report found that a shocking 20 per cent of post-secondary students may have engaged in self-harm, a warning sign that colleges and universities need to pay keen attention to their students' mental well-being, and provide more methods of support. Encouraging in-class discussions about coping with stress would be a good start. The ideals of perfection in school, work and relationships are rampant and poisonous. Magazines publish unrealistic profiles of successful people and give advice on how you can hold the perfect dinner party, get perfect abs, be a superhuman. If these are the standards we internalize, it's no wonder we feel shame when our lives and feelings don't measure up.

Talking point:

3 MILLION CANADIANS HAVE DEPRESSION RIGHT NOW

CANADIAN MENTAL HEALTH ASSOCIATION

LET'S TALK: SHARE YOUR MENTAL-HEALTH STORY
readers@metronews.ca

Acknowledging and accepting that yes, life is complicated, is critical to overcoming the shame barrier in mental illness. The government, media, schools, employers and individuals need to acknowledge that negative feelings exist, and we need to talk about them.

Reality is messy. And that's OK.

Stephanie Orford is a writer based in Vancouver.

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift ALL PHOTOS GETTY IMAGES

Taylor used to write about exes, now she writes about convicts

Who doesn't love a good bizarre lawsuit? Jose Hilario, who is currently serving a 10-year prison sentence for child pornography, is suing Taylor Swift for $100 million US on the claim that she used his life story for lyrics on her hugely successful album 1989. In the handwritten — yes, handwritten — filing obtained by Radar Online, Hilario claims that he and Swift began an email correspondence in 2008 shortly after she turned 18 and started connecting via Skype because Swift "was lonely and sad and that she needed someone to chat with." After two months of virtual friendship, Hilario says they met up at a Rhode Island mall on April 13, 2008. "They hugged and kissed each other," the suit claims, adding that Swift promised "she would help him with his legal problems and that she would write and sing songs about him." The problem, he claims, is that Swift only did half of that, as he apparently discovered upon listening to 1989.

"I know for a fact that the defendant have a good heart and that she will come back to her senses and not forget her promise that she made to me," Hilario's suit states, mysteriously switching from third to first person. It may seem odd, though, that a friend looking for legal assistance would also demand $100 million, but there you go. Oh, and Hilario is also asking Swift to introduce him to Miley Cyrus. Because of course.

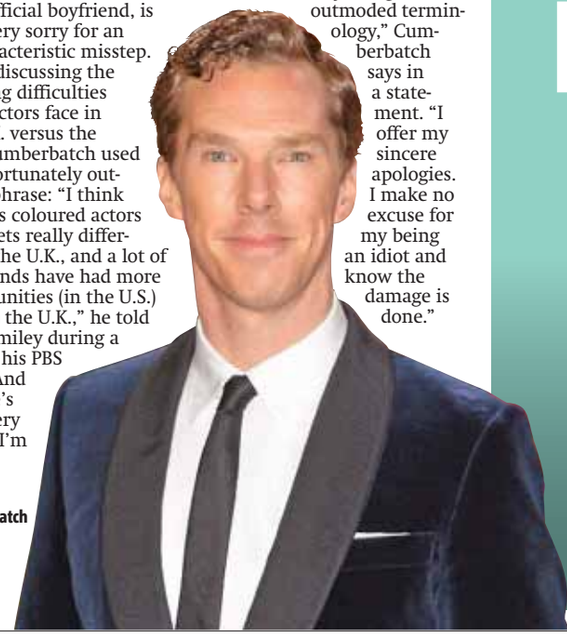
Police still investigating Emile's Sundance dust-up

Things apparently got more than a little heated between actor Emile Hirsch and an unidentified female Paramount Pictures executive at a Sundance after-party. The altercation reportedly took place early Monday morning at Tao's pop-up club at the film festival. "Something happened between the movie exec and Emile, and she said she had been assaulted and asked security to call the police," a source tells Page Six. "Emile didn't leave the scene, and calmly waited for the police to arrive, and spoke with them until around 5 a.m., after which he went home with his friends. No arrests were made." That could change, though, as Salt Lake City police are said to still be investigating the matter.

Emile Hirsch

Benedict admits he's 'an idiot' for using outdated racial term

Benedict Cumberbatch, star of Sherlock and the Internet's official boyfriend, is very, very sorry for an uncharacteristic misstep. While discussing the differing difficulties black actors face in the U.K. versus the U.S., Cumberbatch used an unfortunately outdated phrase: "I think as far as coloured actors go, it gets really different in the U.K., and a lot of my friends have had more opportunities (in the U.S.) than in the U.K.," he told Tavis Smiley during a visit to his PBS show. And now he's very, very sorry. "I'm devastated to have caused offence by using this outmoded terminology," Cumberbatch says in a statement. "I offer my sincere apologies. I make no excuse for my being an idiot and know the damage is done."



Benedict Cumberbatch

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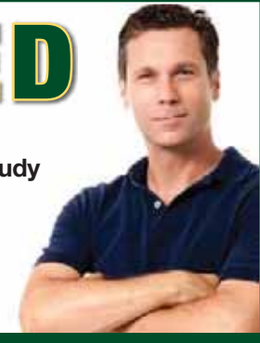

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Twirlgate, mani-cams and dumb questions

Backlash. Women are using social media to voice concerns about how female celebrities, athletes and politicians are treated by reporters

Canada's Eugenie Bouchard gestures during her women's singles match against Maria Sharapova at the 2015 Australian Open tennis tournament in Melbourne on Tuesday. Bouchard was a hot topic on social media last week after a male interviewer asked her to twirl around. PAUL CROCK/AFP/GETTY IMAGES

Eugenie Bouchard. Hillary Clinton. Julianne Moore.

What do they have in common? For one, they're all notable women in their respective realms. Many say they've also been on the receiving end of gendered treatment from the media, fielding questions about their outfits instead of their accomplishments, for example. But if online pushback is any indication, women are getting fed up ... and making their voices heard.

Bouchard, the Canadian tennis star, was a hot topic on social media last week after twirling at the request of a male interviewer during the Australian Open.

As for Clinton, the ongoing will-she-or-won't-she debate over her potential 2016 presidential run led has led to speculation about how her daughter's pregnancy would affect her decision.

And at Sunday's Screen Actors Guild awards in Los Angeles, Moore and fellow celebs Jennifer Aniston, Reese Witherspoon and Tatiana Maslany, the Canadian star of Orphan Black, all rejected E!'s controversial mani-cam. (For those who don't know, it's exactly what it sounds like: a camera devoted to offering a close-up look at the manicures of female celebrities.)

"I got a text from my son saying, 'Yeah, blow off the mani-cam,'" Moore told reporters after the event. The gimmick was in the spotlight at last year's SAG awards too, when Cate Blanchett snubbed E!'s request, asking, "Do you do that to the guys?"

After Sunday's round of rebuffs, Twitter was filled with support for the actresses who opted out. "Tatiana Maslany is a role model because even amongst peer pressure, she turned down the Mani-Cam," tweeted MTV staffer Lauren Pokedoff.

"Will all these celebs refusing to do mani-cam finally get E! to stop trying to make it happen?" wondered Vlada Gelman, an editor at TVLine.com.

"There they are — red carpet, lights glaring — and they almost did (the mani-cam) and then they said no. I thought, 'Good for you ... for standing up and defining your limits for what is acceptable,'" says Elissa Freeman, a pop culture expert and communications strategist.

But she says it will take more women making a stand — and men, too — to fully change the conversation and shift public consciousness. "Until people say, 'Smarten up,' then you're not going to get any change, and they're still going to get the mani-cam at the next award show," Freeman says.

As for Bouchard, an incident being called Twirlgate has met with derision from several women in the global sporting community. "Can you give us a twirl and tell us about your outfit?" Bouchard was asked on camera. She obliged, burying her face in her hands.

"This is truly sexist," tweeted Billie Jean King, an American former tennis champion.

"It was an insult to women's sport," echoed England women's football captain Kelly Smith in an interview with the Mirror.

Women have also objected to speculation about whether Clinton can be both a grandmother and a president. "Is it fair to pit grandmotherly desires against political ambition?" questioned ABC News writer Liz Kreutz. "Would anyone ever ask the same questions about a male politician? Is this speculation, in essence, sexist?"

It's absolutely sexist, says Freeman. But she says women are increasingly taking a stand against this kind of gendered treatment from the media.

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Juno Awards. Magic! nabs five nominations

Magic! HANDOUT

Magic! is the leading nominee heading into this year's Juno Awards.

The Toronto group's reggae-infused single Rude is up for single of the year, while they're also nominated in the Juno Fan Choice, breakthrough group, top songwriter, and pop album of the year categories.

Leonard Cohen and Calgary's Kiesza have four nominations apiece.

Rockers The Arkells will perform at the awards show, which is being staged in their hometown of Hamilton, along with Magic!, Kiesza, Hedley and Shawn Mendes.

Beginner's pluck

Neither Magic! nor Kiesza had ever been up for a Juno before hot-stepping into a collective nine nominations this year.

Other first-time Juno honorees who landed multiple nominations include Toronto indie-pop breakout Alvvays, Montreal electronic pair Adventure Club, Toronto DJ Glenn Morrison, and Toronto electronic duo Zeds Dead.

The show will air live on CTV on March 15. THE CANADIAN PRESS

Classic sitcom

Chandler 'creepy' in retrospect

You may be considering a marathon Friends binge-watching session now the classic sitcom is available on Netflix.

Slate's Ruth Graham recently did. Her conclusion? Chandler Bing, the character played by Matthew Perry, is just the worst.

She notes the character comes off as a major homophobe and is particularly hard on his gay father, who moonlights as a drag queen in Las Vegas. He's also terrible to his girlfriend Janice and altogether unlikable until later in the series.

"Maybe by 2015, Chandler ... could grow up, embrace his softer side, apologize to his father, and become a confident and comfortable adult," Graham writes. "But looking back on Chandler in the '90s and early 2000s, well: Could he be a bigger creep?" THE CANADIAN PRESS

Matthew Perry as Friends' Chandler Bing GETTY IMAGES

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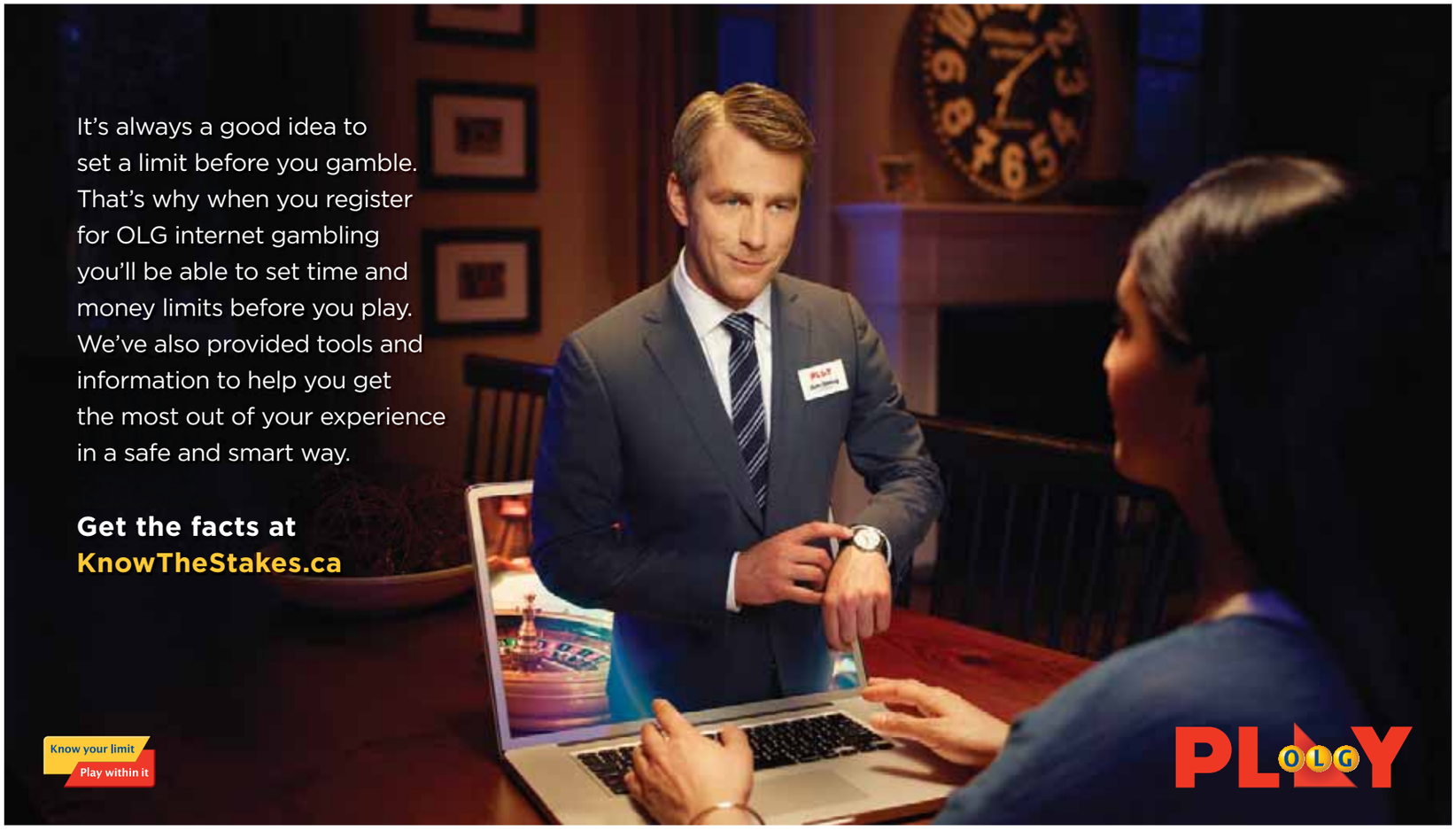
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Phoenix rising for golf fans

Sports travel. Phoenix-Scottsdale is the place to be this weekend with a rowdy PGA event and the Super Bowl

BRIAN KENDALL
canadiangolftraveller.com

The par-three 16th hole at the Waste Management Phoenix Open is surrounded by rowdy fans. CONTRIBUTED

The TPC Scottsdale Stadium Course expects to welcome more than 590,000 visitors during the Phoenix Open. CONTRIBUTED

For four eagerly anticipated days starting tomorrow, the twin cities of Phoenix-Scottsdale will be the focus of the sports universe.

First up is the Waste Management Phoenix Open, which annually draws the loudest, rowdiest and largest crowds on the PGA Tour. And overlapping the tourney's final round on Sunday is Super Bowl XLIX at University of Phoenix Stadium. The NFL showdown will be viewed by an estimated 112 million fans worldwide.

With more than 100,000 out-of-town visitors expected for both events, this year's Phoenix Open at the newly remodelled TPC Scottsdale Stadium Course is almost certain to shatter last year's record attendance of 590,000.

Billed as the Greatest Show on Grass, the tournament is a sports marketer's fantasy come to life.

Even non-golfers feel obliged to make the scene. Young women in stiletto heels and skin-tight dresses stream through the gates to flirt with shirtless, face-painted and inebriated young men. In the evening, the party refuels at the Coors Light Birds Nest, a temporary nightclub under a giant tent.

Wildest of all are the crowds that overflow the grandstand surrounding the par-three 16th hole. Players are variously greeted by cheers, boos and name-calling as they enter the stadium. Those who make poor tee shots are berated mercilessly as they take their walk of shame to the green.

Easily forgotten in the hoopla is the Stadium Course's prominence among the groundbreaking desert courses that have made Phoenix-Scottsdale one of the world's top golf destinations. Designed by Tom Weiskopf and Jay Morrish, the course brilliantly blends large patches of natural desert with just 28 acres of green fairways.

Beginning in the 1980s, local water restrictions forced Weiskopf, Morrish and other architects to limit their use of turf fairways and instead embrace the natural drama of the Sonoran Desert. Tee boxes were isolated in seas of sagebrush, cacti and sand. Giant saguaros were used to frame landing areas edged by dusty gullies known as arroyos.

And in their most radical innovation, architects frequently made golfers fly their approach shots to greens protected by large and gnarly waste areas.

Today, more than 200 of Arizona's 300 courses are found in the Phoenix-Scottsdale area. Other top clubs include Grayhawk Golf Club, We-Ko-Pa Golf Club, Troon North Golf Club, The Boulders Golf Club, ASU Karsten Golf Course, Wildfire Golf Club, Raven Golf Club, Dove Valley Ranch Golf Club, Eagle Mountain Golf Club, and McDowell Mountain Golf Club.

But more than any other, the Stadium Course has spread the gospel of desert design around the golf world. This year's tournament will showcase an eight-month, $12-million facelift of the course by Weiskopf.

Greens were relocated on several holes, bunkers reshaped and more than 250 trees planted.

Adding to the growing excitement was the recent announcement by Tiger Woods that he will play in the Phoenix Open for the first time since 2001. Ticket sales exploded following his entry.

It's going to be a crazy four days.

Where to stay:

- **Fairmont Scottsdale Princess.** Located next door to the TPC Scottsdale Stadium Course, this popular luxury hotel is home base for many of the visiting PGA Tour pros.
- **Westin Kierland Resort & Spa.** This tastefully decorated hotel in North Scottsdale features 27 holes of golf just steps from the lobby doors.
- **Four Seasons Resort Scottsdale at Troon North.** Nestled in the foothills of Scottsdale's Pinnacle Peak, this luxury resort offers easy access to nearby Troon North Golf Club.

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Now is the time to take a tour of Selma

History. A half-century anniversary and the Oscar-nominated film have put the spotlight on this Alabama city

The Edmund Pettus Bridge in Selma is expected to host 40,000 people for the annual Bridge Crossing Jubilee from March 5-9. THE ASSOCIATED PRESS

The 50th anniversary of the civil rights marches in Selma and the movie that tells the story are expected to bring thousands of visitors to this historic Alabama city this year.

Visitors can still walk across the bridge where voting rights marchers were beaten in 1965 and see the churches where they organized protests.

"There are certain place names in American history where significant, history-making events took place, like Gettysburg, Valley Forge and Vicksburg, and I think because of this film, Selma becomes one of the place names that stands as a significant milestone in American history," Alabama tourism director Lee Sentell said.

Oprah Winfrey, other actors from Selma and hundreds more marched to the city's Edmund Pettus Bridge two weekends ago on the eve of Martin Luther King Jr. Day. But a bigger event is expected to attract more than 40,000 people — including present and former government officials — in Selma March 5-9 for the annual Bridge Crossing Jubilee, including a walk across the bridge March 8.

The event marks the 50th anniversary of the Bloody Sunday, when law enforcement used billy clubs and tear gas to rout marchers intent on walking 80 kilometres to Montgomery on March 7, 1965, to seek the right for blacks to register to vote. A new march, led by Martin Luther King Jr., began March 21, 1965, and arrived in Montgomery on March 25, with the crowd swelling to 25,000 by the time they reached the Capitol. Those events and others helped lead to passage of the 1965 Voting Rights Act, which opened Southern polling places to millions of blacks and ended all-white rule in the South.

The movie Selma won Oscar nominations for best picture and best song.

Today, the bridge and adjoining downtown business district look much as they did in 1965, except many storefronts are empty and government buildings are occupied largely by African-American officials.

Attractions related to the protests are all within walking distance of the bridge. They include the First Baptist Church, where many protests were organized, and Brown Chapel A.M.E. Church, where marchers congregated before going to the bridge and where they sought safety after being beaten.

Near the bridge, a free tour of an interpretative centre built by the National Park Service offers photographs of the events and emotional video interviews with people who were on both sides of the issues.

Nearby is the Ancient Africa, Enslavement and Civil War Museum, where visitors can see how slaves were captured, sold and exploited, including a depiction of what it was like to be on a slave ship bound for America.

"You have to know about slavery to know why we didn't have the right to vote," said Faya Rose Toure, one of the museum's founders.

Then tourists can retrace history by walking across the Edmund Pettus Bridge to a park and the National Voting Rights Museum on the opposite side. Museum artifacts include surveillance photos taken by state police.

"Everybody has seen pictures of Dr. King leading the march. Those people behind him are what we are focusing on," historian Sam Walker said.

THE ASSOCIATED PRESS

For more information...

- **National Park Service Selma to Montgomery Trail.** nps.gov/semo/index.htm
- **National Voting Rights Museum.** nvrmi.com
- **Alabama Tourism.** alabama.travel
- **Bridge Crossing Jubilee.** bcjubilee.org

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Trend

Shorter cruises

If you're a cruise fan, but your vacation time is limited, a short-sail adventure might be the best option. Luckily, many cruise operators like Royal Caribbean, Celebrity and Disney offer mini-jaunts out of Fort Lauderdale, Miami, Tampa, Galveston and Los Angeles, setting sail for three to five nights around various parts of the Caribbean, the Bahamas, Mexico and more. The Crown Princess even does a two-day cruise from San Francisco to Vancouver. VacationsToGo.com is a good starting point.

DOUG WALLACE/METRO

Masterchef judges dish on travel

Interview. Two expert foodies talk about their favourite places to dine and relax

ON THE MOVE
Loren Christie
life@metronews.ca

As the second season premiere of Masterchef Canada (Feb. 8 on CTV) approaches, I caught up with two of the judges, chefs Michael Bonacini and Claudio Aprile, to chat about travel experiences and food — and where to get the best of both.

Where do you find the best meals in Canada?

CA: Toronto is on the cusp of becoming one of the great culinary destinations of the world. Recently, I had an incredible meal at Navarra in Ottawa.

MB: Model Milk and NOtaBLE in Calgary I thoroughly enjoyed. They also have a great food truck scene in Calgary. My Shanti, Vikram Vij's place, in Surrey, British Columbia was wonderful and in Montreal Antonio Park does amazing sushi.

What is your dream trip in Canada?

CA: Hop on my motorcycle and head over to the East Coast. Explore the oyster and scallop beds and really get to know the people that produce this wonderful food that is so Canadian. I am not drawn to high end glossy restaurants, I prefer the Ma and Pa culture; humble and pure.

MB: An incredibly remote fishing camp in B.C., rural and sophisticated, that serves up your catch. In other words, the best shore lunch in town. My ideal is to fly in, bush hog the last two kilometres to get there and as my father-in-law says, "bring a couple of good wines, sit down and tell some lies."

And internationally?...You can only pick one place!

CA: Burma. I lean toward the purity of Asian cuisines and the big, punchy flavours they have. Pacific Rim cooking has a lot of layers; a citrus component, a spice layer. It's bright, it's clean and it's fresh. Some of the best food I have ever had was in Thailand and it made a huge impact on the way I cook.

Masterchef Canada judges from left: Michael Bonacini, Alvin Leung and Michael Bonacini. CONTRIBUTED

MB: That's tough, but I am going to say, London, England. The food scene is really exciting and vibrant. It's cutting edge and trend setting for Europe, which it never used to be. And it is not only the West End with its high rents and big name chefs that are causing a stir, but areas like Shoreditch and the Docks, where the chefs are urban guerillas, bucking the trends and doing what they love to do with the food they believe in. Their attitude is unapologetic.

I love that.

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VAWN HIMMELSBACH
For Metro

L.A. at night is booming, especially Koreatown, which has one of the largest concentrations of nightclubs and 24-hour restaurants in the U.S.

Venice Beach boardwalk is one of the main beaches is L.A., but there are others not to be missed. PHOTOS COURTESY LA TOURISM

Los Angeles is all about Hollywood glamour and California beach culture, but it's easy to get off the tourist track and experience it like a local.

Downtown L.A.'s Arts District is undergoing a renaissance, with local street art, artisan coffee shops, and new restaurants opening up in converted industrial buildings.

"It's got its own vibe and personality," said Molly Morgan, assistant manager of communications with the Los Angeles Tourism & Convention Board.

L.A. artists helped pioneer the global street art movement back in the 1960s.

Today, the city is home to thousands of street murals from modern to impressionistic — with one of the most condensed collections in the streets of the Arts District.

Like the rest of the city, there is a focus here on "made in L.A." — whether it's locally-grown ingredients used in restaurants or locally-crafted jewelry, clothing, and artwork.

Downtown L.A.'s Grand Central Market, for example, celebrates the cuisines and cultures of L.A., from Sarita's Pupuseria to Horse Thief BBQ and The Oyster Gourmet. This 30,000-square-foot arcade is both a food emporium and retail marketplace, which also serves as a hub for public events.

Of course, a trip to L.A. would be remiss without spending some time at the beach. Aside from Santa Monica and Malibu, the other big beach is Venice. And while the infamous Muscle Beach has found its way into countless movies and TV shows, there are lesser-known enclaves that are worth exploring, according to Morgan.

Walk, bike, or in-line skate down the carnival-like Ocean Front Walk, or even learn to surf. Rent a bike, blades or board, or try a Legends bike tour (from Perry's Cafe) that winds its way through the Italian-inspired canals of Venice.

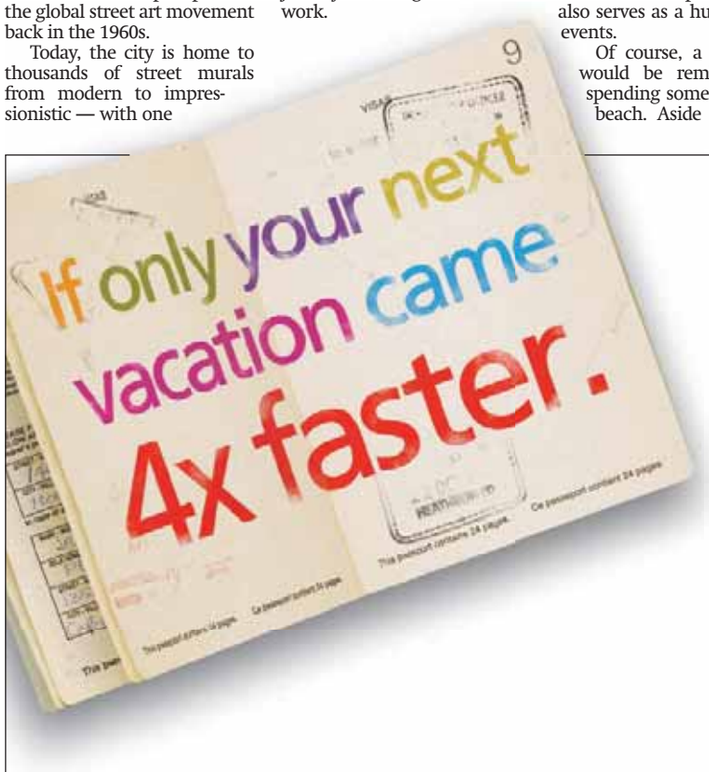
While in Venice, check out Abbot Kinney, which GQ magazine calls the "coolest block in America." Considered one of L.A.'s hippest shopping districts, Abbot Kinney offers everything from artwork to jewelry and clothing from homegrown artists and designers, with an ever-evolving culinary scene (try Baja-style codfish tacos at Oscar's Cervetec or sip a blood orange julep at Barlo's open-air rooftop lounge).

In Venice, visitors can also get a taste of L.A.'s thriving food truck scene, with affordable gourmet fare that reflects L.A.'s cultural diversity, from Mexican, Japanese and Jewish to distinctly Californian fare. To track down a food truck, check out findlafoodtrucks.com.

For nightlife, head to Koreatown, just west of downtown L.A., which Morgan said caters to the more adventurous traveller. Once the centre of Golden Age Hollywood, K-town is now one of the most diverse neighbourhoods in L.A.

Forgo the rental car

- Whether you want to take in L.A.'s music scene, beach culture or diverse neighbourhoods, it's possible to explore this sprawling metropolis without a car. The Los Angeles Tourism & Convention Board offers a series of self-guided, car-free itineraries to explore L.A. by foot, bike, or Metro.



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Turn to pantry staples when you're in a rush

Dinner. Penne and Rapini Tuna Pasta combines common — and tasty — ingredients

DINNER EXPRESS
Emily Richards
food@metronews.ca

Pantry staples are a huge help when it comes to making dinner an effortless affair.

Be sure to stock all your favourites and then try using them in different ways.

If you are a fan of tuna sandwiches, you might want to give this simple pasta a try!

A fresh and flavourful ingredient, rapini, also known as broccoli rabe, gives this pasta dish a big hit of vegetable flavour with a kick of Italian flare.

Cooking greens like rapini ahead of time helps remove some of the bitter flavour that often associated with them. Letting it cook in the sauce helps soften it, too.

Cooking the rapini ahead of time will also make this dish even faster. Simply cook the rapini, drain it well and remove any excess water. Let it cool and store it in container in the refrigerator for up to up days.

You can also try this make-ahead method with other greens like kale and collards.

If there are any leftovers, be sure to make a frittata with the remains. Simply beat eggs and stir them into the pasta. Pan-fry the mixture and once the egg is set on both sides, you have yet another meal.

Directions

1. Chop rapini into 1-inch (2.5 cm) pieces and place in pot of boiling water. Cook, stirring for about 10 minutes or until tender. Drain well and press any excess water out of rapini.

2. In large deep nonstick skillet, heat oil over medium-high heat and cook rapini, garlic and hot pepper flakes for about 4 minutes or until starting to crisp. Add tomatoes, pesto and tuna and boil gently, stirring occasionally for about 10 minutes or until thickened.

3. Meanwhile, in pot of boiling water, cook pasta 10 minutes or until tender but firm. Drain well, reserving 1/2 cup (125 ml) of cooking water. Add pasta to skillet and toss with sauce, adding enough of the cooking water to moisten if necessary. Sprinkle with cheese.

Ingredients

- 1 bunch of rapini (about 1 lb/454 g), trimmed
- 1 tbsp (15 ml) extra virgin olive oil
- 4 cloves garlic, minced
- 1/2 tsp (2 ml) hot pepper flakes
- 1 cup (250 ml) canned diced tomatoes with juices
- 2 tbsp (30 ml) basil or sun-dried tomato pesto
- 2 cans (170 g each) low sodium light flaked tuna in water, drained
- 1 box (375 g) whole wheat, gluten-free, rice or spelt penne pasta
- Freshly grated Parmesan cheese

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Line between brave, burned out

Career. Will putting in a few extra hours add to or subtract from your official duties?

CELINE TARRANT
TalentEgg.ca

Before deciding to take on a little more, ask yourself if doing so will affect your ability to accomplish the tasks that need to get done. ISTOCK

Going above and beyond is a great way to get your manager's attention, to stand out at work, and to signal that you are ready for that promotion. However, in today's busy work environments, you are probably already strapped for time. If you do take on extra responsibility, you want to make sure it's a value-add for both you and your employer.

Here's how:

Where are you now? Where are you going?

Before you try to take on more at work, you need to identify where you are now, and where you would like your next big career move to be. Then, you need to identify the skill and experience gap that exists, and how going above and beyond in your current job will help you get where you want to go. This knowledge will help you pick targeted opportunities that address the skill gap in a meaningful way, and not just add more work to your plate.

Consider this example: Your current role is very analytical, and doesn't require much interaction with others, but the job you want requires a lot of client interaction and presentations. It would be easy to volunteer to do some more reporting or analytical tasks, but it would be far more valuable to find a task that will help you develop the necessary public speaking and communication skills. For instance, you could volunteer to present the daily sales results, ask your boss if you can present some updates at your next department meeting, or ask to start sitting in on some client meetings.

Don't overdo it

- While it's commendable that you want to take on extra responsibilities at work, you need to be reasonable about how much you can handle at one time. It's always better to do a few things really well than spread yourself thin over too many commitments.
- Before offering to take on something new, honestly evaluate your schedule and be upfront about how much time you can commit to a new project. It's useful to set a fixed number of hours that you can spend on each side project or task each week, and stick to it to prevent the scope from creeping and taking over your primary responsibilities.

Add incremental value

When it comes to taking on side projects at work, there's no need to re-invent the wheel. Chances are there are tons of internal processes and projects that are in dire need of improvement. You probably see tons of examples of reporting that could be streamlined and projects that have been neglected.

We all have good ideas that never see the light of day, either because we are too nervous to speak up, or too busy to bother.

Next time you have an idea, propose a plan for implementing it, present it to your boss, and ask if you can take ownership of the initiative.

In the best-case scenario, your boss will say yes, and you have a great opportunity to lead a project.

In the worst-case scenario, you've provided your boss with a resource for tackling an organizational problem that they may be able to use in the future.

Additionally, they will remember your willingness to go above and beyond, and will be more likely to come to you over others with future opportunities.

Tread lightly

Even though you might have the best intentions when trying to extend beyond your role at work, others might not always see it that way. When you think you are being helpful by taking on a new project, especially when it heavily overlaps with someone else's role, they may perceive this as you trying to "take over" their job, or outshine them.

Always be respectful of other people and make sure you're not stepping on any toes before jumping into something new.

Make sure you have your manager's support before going forward with a new project, so any questions and concerns that may arise can be appropriately directed.

Education

Volunteers sought to teach in North Korea

If you harbour a fascination with the secretive, mysterious state that is North Korea, here's one way of getting in: The country is seeking volunteers to teach English and tourism management to local students.

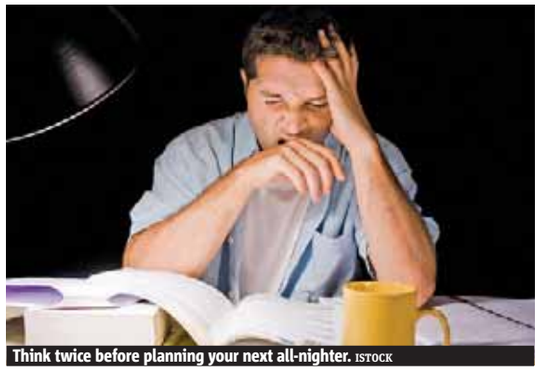
For one month, successful candidates will be able to live among locals in the notoriously hermetic country as instructors at the Pyongyang Tourism College.

The project is a joint collaboration between the North Korean government and Juche Travel Services based outside London in the U.K.

After a successful trial last year, the British travel outfit has been tapped to expand the project into a formal volunteering program with two intakes in May and November.

To enroll, volunteers must pay €1,000 (about $1900) which covers three-star accommodation during the month-long program, meals, return airfare from Beijing to Pyongyang, a DPRK visa, private transport with a driver, guides and weekend excursions around the country. Part of the money will go towards buying teaching materials and manuals for the North Korean college. AFP

Studying goes best with sleep



Think twice before planning your next all-nighter. ISTOCK

Memory neurons lull us to sleep in order to consolidate what we've learned, say researchers from Brandeis University in the U.S., who advise students against pulling all-nighters to prepare for tests as it may defeat this process.

Knowing that sleep, memory and learning are intertwined, the Brandeis team set out to learn whether memory is consolidated during sleep because the brain happens to be at rest, or whether memory neurons provoke sleep in order to do their job.

In the study, which was published in the journal eLife, the researchers focused on a specific group of neurons called the dorsal paired medial (DPM), which are well known to implant memories in fruit flies.

In what's thought to be a first-of-its-kind observation, the flies slept more when the DPM neurons were activated, yet continued to buzz about when these neurons were switched off.

As these memory neurons start to convert short-term memory to long-term memory, they do their best to make sure you stay asleep and actually hinder wakefulness, according to the study. AFP

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How to organize your workspace in four easy steps

Career. Take a moment to tidy up and make a good impression as an organized professional

RIANA TOPAN
TalentEgg.ca

No matter what size your workspace may be, it's important that you keep the area tidy.

An organized desk and office helps you to be more productive because it means you can find things quickly and easily.

It's a sign of professionalism and, more importantly, an organized employee.

Here are five top tips for making your workspace work:

Develop your own colour code

Use coloured office supplies to help you keep track of things.

Try using colour-coded sticky notes for reminders or to flag items; multi-coloured inks on a calendar where you write in meetings, deadlines and vacation time; folders for keeping related documents together; and highlighters for organizing your to-do list and notes from meetings.

Having your own colour code will help you navigate documents and organizers faster. Not only is it a huge time saver, it will show co-workers you're on top of your game.

Use the tools at your disposal

Think outside the box: a handful of office supplies can go a long way toward keeping your desk de-cluttered.

Try wrapping up loose wires and cords with binder clips, twist ties or elastic bands.

Get a small file tray or organizer to keep papers organized and out of sight, and use a mug or jar to hold your pens, pencils and other writing instruments.

You may also want to use dividers in your desk drawers to organize loose items like paper clips, push pins, magnets, scissors and more.

Keep it clean

At least once every other week, wipe down your computer, keyboard, mouse and phone with disinfectant — you'd probably be surprised how much bacteria and dust builds up in your workspace over time.

Don't leave dirty dishes lying around, either, since that will make your desk look messy, and could attract ants or other unwanted guests.

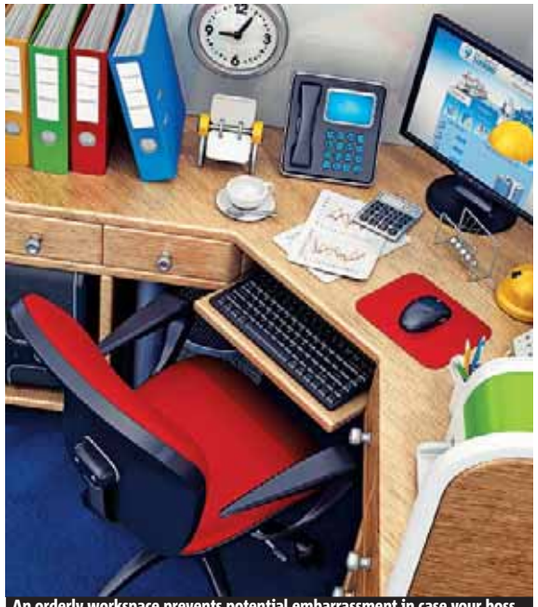
Add a few personal touches

While it's great to keep your workspace neat and tidy with minimal clutter, it doesn't have to be completely devoid of personality.

A few pictures, a piece of artwork or a crafty item like a homemade paperweight or one-of-a-kind mouse pad can help to make the space your own.

You get bonus points if you can find organizers or stationery that fits your personality as well.

Chances are you spend a lot of time at your desk, so you want to make sure you feel comfortable at it.



An orderly workspace prevents potential embarrassment in case your boss, co-worker, or client drops by unexpectedly. ISTOCK

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Engaging beyond the standard back 'n' forth

Career. The traditional interview structure has changed, as well as employers' expectations

CELINE TARRANT
TalentEgg.ca

The 360-degree interview is often a difficult concept for job-seekers to wrap their head around — many of us have been taught that an interview is a place where you must impress your employer to have a shot at that elusive job.

However, the scenario where an employer rapid-fires questions at a candidate is long gone — candidates are expected to engage on a similar level to the employer. This means asking questions and taking a lead on the engagement as well.

If you ask the right questions and engage in meaningful conversation, you will be able to spot a good cultural and functional fit in the company, and have the added benefit of impressing the hiring manager with how prepared and engaged you are.

Practise the art of 'small talk'

We're all familiar with interview small talk — the slightly awkward, polite conversation that happens right at the beginning of your interview. Rather than rushing to get to the 'real' part of the interview, let the conversation flow, ask questions, and engage in actual conversation.

Think of yourself as a business partner — your job is to represent your brand and build relationships. Only in this case, the brand you are representing is yourself.

Try taking the lead on conversations, and initiating small talk. It shows leadership and the ability to connect with others — a huge asset in the workplace. On top of all that, your interviewer will likely appreciate your genuine interest in how their day is going, what they enjoy doing, and in having a little friendly conversation with them.

Change the flow of dialogue

Traditionally, employers open up the end of the interview for the candidate to ask questions.

However, unless you're specifically instructed to hold your questions for the designated time, asking questions during the interview is a great way to show your ability to converse and probe for information.

For example, if the interviewer mentions the company has a very "performance-driven culture", ask them to give an example.

They should be able to elaborate on the performance management process in the organization including how the company recognizes top performers, how business goals are communicated in the organization, how performance is measured and monitored.

Simple questions such as "can you elaborate on that a little?", "What do you think about that?", "What would you change about that?", and "Can you give me an example of that?" can instigate some really good dialogue throughout the interview. The flow of the conversation changes — it's more of a back-and-forth dialogue rather than a Q&A.

This structure is much more interactive, and allows the interviewer a glimpse as to how you perform in a business environment, and how you would engage in conversation when talking to clients and co-workers.

Constructive questions

Here are some tips for starting conversations:

- **Ask about the superstars.** If you want to be a top performer at this company, you need to ask what the best of the best look like and what attributes you need to have to be one of them.
- **Ask about the future.** What does the future of this company look like? How are they planning to grow and navigate competition and challenges in the market? And how does the role you're interviewing for fit into the big picture?
- **Ask about your future.** What development opportunities exist at the company? How will the company support your learning objectives?

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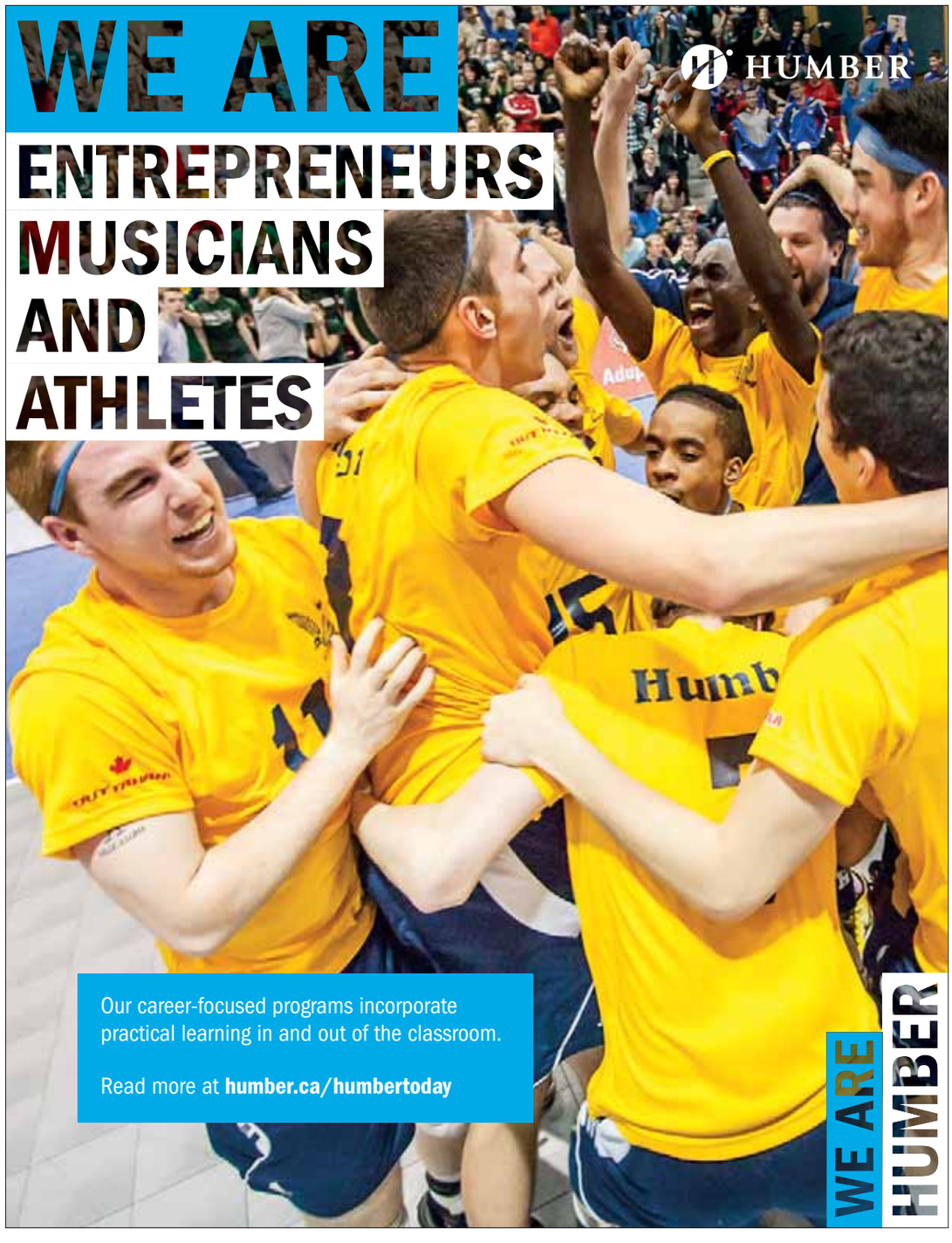


Raptors take off on Pacers

Terrence Ross throws down two points in the Raptors' win over the Pacers in Indianapolis on Tuesday night. The Raptors improved to 30-15. DARRON CUMMINGS/THE ASSOCIATED PRESS

NBA. DeRozan, Lowry help Toronto overcome a sluggish start to beat Eastern rival Indiana

DeMar DeRozan scored 24 points and Kyle Lowry added 19 on Tuesday, leading Toronto to a 104-91 victory at Indiana.

The Atlantic Division-leading Raptors (30-15) overcame a sluggish first quarter to pick up their third straight win. The victory also gave Toronto a franchise record for most wins before the all-star break.

Rodney Stuckey scored 22 points and Solomon Hill finished with 15 to lead Indiana (16-31), which has lost eight of nine.

Toronto took control in the second quarter with a 20-0 run, which turned a 32-21 deficit into a 41-32 lead. Indiana spent the rest of the game playing catch-up.

The Pacers tied the score once, at 43-43, and got as close as 58-53 midway through the third quarter but never regained the lead.

After Toronto pushed the lead to 73-57 in the third quarter, Indiana never got closer than eight.

For Toronto, it was a familiar script.

Five players scored in double figures and the NBA's fifth-highest scoring team dismantled the league's fourth-best scoring defence after starting the game in a 9-0 hole. And, of course, it was the Raptors' strong backcourt of Lowry, an all-star starter, and DeRozan that helped the Raptors right themselves in a topsy-turvy first half.

The two guards finished the game a combined 15 of 32 from the field.

Toronto wiped out the early deficit with a 15-5 run, then gave up 12 straight points as Indiana pulled out to a 32-21 lead early in the second quarter. Toronto answered with the 20-0 spurt. After the Pacers tied the score, Toronto closed the half with a 7-1 scoring flurry to take a 50-44 lead.

Indiana trailed by just five midway through the third quarter, but Toronto used a 15-4 run to take a 16-point lead and the Pacers never seriously challenged again.

THE ASSOCIATED PRESS

On Tuesday

Raptors	Pacers
104	91

Around the league

- **Cavaliers 103, Pistons 95.** Kyrie Irving matched his season high with 38 points and LeBron James added 32 to lift Cleveland to their seventh straight victory.
- **Bucks 109, Heat 102.** Brandon Knight had 17 points and six assists and Milwaukee put seven players in double figures on the way to beating Miami.

MLS. TFC trades Oduro for allocation money

A logjam in midfield and the need for some payroll flexibility prompted Toronto FC to ship Ghana winger/forward Dominic Oduro to the Montreal Impact on Tuesday.

In return, Toronto got allocation money to help pay down some wages inside its salary cap.

On Monday, Toronto general manager Tim Bezbatchenko hinted at some future transactions by saying teams can always make moves if they're willing to make tough choices.

"And this is a tough choice for us," Bezbatchenko said Tuesday.

"We needed to make space and we thought this would strengthen our club," he added.

Quoted

"There's a couple of players we're looking at now."

Toronto FC GM Tim Bezbatchenko hints at more deals to be made

With a listed salary of $251,666 US last season, the speedy Oduro was a big-ticket item.

Toronto is also well-stocked in the midfield with designated players Michael Bradley and Sebastian Giovinco (who is currently slated to arrive in July), along with Jackson, Jonathan Osorio, Collen Warner, Marco Delgado, Daniel Lovitz and Warren Creavalle and homegrown players Manny Aparicio, Jay Champion and Chris Mannella.

With Toronto FC's depth in the midfield and up front, Dominic Oduro was expendable. THE CANADIAN PRESS FILE

The options are also deep up front with Jozy Altidore, Luke Moore, Robbie Findley, Bright Dike and Jordan Hamilton, with Giovinco also able to play as a withdrawn striker. Gilberto, meanwhile, is an unused asset back in Brazil while Toronto sorts out its designated player overflow.

THE CANADIAN PRESS

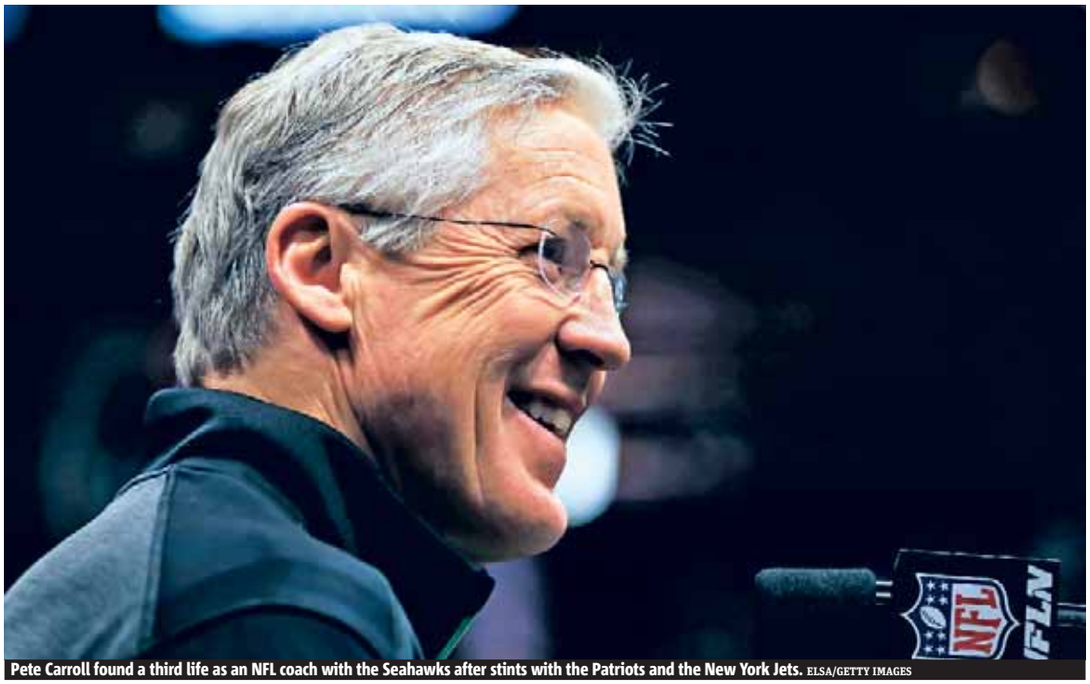
League Cup

Ivanovic heads Chelsea into final

Branislav Ivanovic headed Chelsea into the League Cup final with a 1-0 victory over Liverpool on Tuesday, settling an enthralling semi-final in extra time.

After a 1-1 draw in the first leg, Ivanovic rose to meet Willian's free kick in the 94th minute at Stamford Bridge to secure Chelsea's progress.

The Premier League leaders were fortunate to complete the heated and compelling game with 11 men after Diego Costa avoided punishment for stamping on Liverpool duo Emre Can and Martin Skrtel. THE ASSOCIATED PRESS



Pete Carroll found a third life as an NFL coach with the Seahawks after stints with the Patriots and the New York Jets. ELSA/GETTY IMAGES

Carroll credits Pats firing for his success

Super Bowl. Seahawks coach has opportunity to join select group with two championships

Looking back at the championships he won at Southern Cal and the Super Bowl title a season ago with Seattle, Pete Carroll can see exactly where the foundation for all that success was built.

The 2000 football season was the only time since 1972 that Carroll did not work in coaching in some capacity, whether it was as a graduate assistant, position coach, co-ordinator or head coach. He'd just been fired by New England after going 8-8 in his third season there, placing Carroll into the fraternity of twice-fired NFL head coaches. Carroll had ideas for how he wanted to run a team, but never solidified the guiding principles.

Getting fired might not have seemed necessary at the time, but proved vital in creating Carroll's future.

"I'll never know that and I'm going to take it for the way it happened was necessary," Carroll said. "The pain and the struggle and the hardship and then the challenges of bouncing back were all part of the rebirth of that — of the philosophy and a mentality."

Quoted

"He trusts his players more than I think a lot of coaches do, and we appreciate him for that."

Seahawks cornerback Richard Sherman on head coach Pete Carroll

Fifteen years after being dismissed by Robert Kraft and New England, Carroll will face the Patriots as he tries to join another rare fraternity of coaches who have led teams to consecutive Super Bowl titles.

That year out of football was the birth of "Win Forever" and all the other catch phrases that go along with being part of a Carroll-coached program. And much like last year's Super Bowl in New York, where Carroll got his first NFL head coaching job with the Jets, this trip to the championship game brings another chapter of his career full circle.

"It gave me an opportunity to really collect my thoughts about moving forward and to get pointed in the direction that, really, we have maintained since," Carroll said. "I had a tremendous opportunity to reflect on the time that I had had." THE ASSOCIATED PRESS

Golf. Woods talks about the missing tooth episode

Tiger Woods was all smiles Tuesday — and with a full set of teeth.

Woods gave a play-by-play account of how his front tooth was knocked out in Italy on Jan. 19 to celebrate girlfriend Lindsey Vonn's record 63rd World Cup victory. He said one tooth was chipped and the other was cracked. Both were replaced before he arrived to start his season at the Phoenix Open.

He said he wore a skeleton-patterned scarf over his face to avoid being recognized, making a crack about how difficult that can be for a man of black heritage at a World Cup ski race in Italy.

"Not a lot of brown dudes at ski races, OK?" he said with a laugh, as cameras clicked at his smile.

Woods said when the race was completed, the podium presentation was moved up on a hill for the photographers. He went to the top of the hill, behind the cameras.

"All the camera guys are below me on their knees or moving all around, trying to get a picture because she's hugging people, saying congratulations to the other racers as they are coming down," he said. "Some already finished, some are there already in the changing area. Dude with a video camera on his shoulder right in front me, kneeling, stood up and turned and caught me square on the mouth." THE ASSOCIATED PRESS

Tiger Woods was all smiles Tuesday with all his front teeth, left. Earlier this month one of his front teeth was knocked out, left, by a cameraman in Italy, as he celebrated girlfriend Lindsey Vonn's record. RICK SCUTERI, LEFT, AND ARMANDO TROVATI

NHL. Brodeur takes front office job with St. Louis

Martin Brodeur is retiring to take a front office job with the St. Louis Blues. The New Jersey Devils have a spot waiting for one of the greatest goaltenders in NHL history whenever he is ready to come back home.

"Absolutely. He is aware of that and has always been aware of that," Devils president and general manager Lou Lamoriello said Tuesday.

The 10-time all-star and four-time Vezina Trophy winner finished his career with St. Louis after a standout, two decades with New Jersey.

"It's kind of sad to see a guy like him hang 'em up," said Brian Elliott, the Blues' All-Star goalie. THE ASSOCIATED PRESS

Legend

10

Martin Brodeur made the NHL All-Stars 10 times in 22 seasons, all but one with the New Jersey Devils, the last one at Nashville.

Lynch speaks on Media Day but doesn't say much

Seattle Seahawks running back Marshawn Lynch constantly repeated, "I'm here so I don't get fined" for five minutes before leaving the podium at Media Day.

About 200 reporters crowded around Lynch's podium for at least 15 minutes before he arrived. But Lynch wouldn't answer any questions.

Marshawn Lynch GETTY IMAGES

He set a timer on his phone, caught a bag of Skittles tossed from the crowd and stopped to pick up a reporter's recorder off the floor before he walked away. THE ASSOCIATED PRESS

Gronkowski '100 per cent healthy' and ready to roll

Rob Gronkowski's ankle is fine. So are his forearm and knee. He's way past those injuries that ruined his last three post-seasons.

The fun-loving but hard-working Gronkowski was back on a Super Bowl Media Day platform on Tuesday. His laugh and smile were present, just as they were three years ago. The questions were different.

Rob Gronkowski THE ASSOCIATED PRESS

"It feels good to be 100 per cent healthy," the tight end said, "and not get a million questions like last time about my ankle." THE ASSOCIATED PRESS

Stem cell treatment

Howe's condition much improved

NHL legend Gordie Howe is doing so well after stem cell treatment that his son would like the hockey legend to undergo the treatment again. Gordie Howe suffered a pair of strokes late last year.

Marty Howe says his father did not have long to live when the family decided to take him to Mexico last month for stem cell treatment. He adds that his father can now walk again and his speech is improving. THE CANADIAN PRESS

Gordie Howe THE CANADIAN PRESS

DRIVE 5

2015 Toyota Yaris

- **Type.** Two- or four-door subcompact hatchback
- **Engines.** 1.5-litre four-cylinder (106 hp)
- **Transmissions.** 5-speed manual or 4-speed automatic
- **Price.** $14,545 base, $17,665 as-tested

Market position

This is the segment where automakers advertise their rock-bottom prices, but be careful. Most base models don't come with air conditioning, power windows or other convenience features, so add in their cost for comparison if you want them.

Points

- The car's single wiper blade looks neat and does a great job of cleaning the windshield.
- Although it's officially a five-passenger, you should realistically expect to get just two adults in the back.
- Controls are simple and straightforward, but the lock and window buttons need backlighting at night.

The cabin has a lot of hard plastic, but it's both handsome and functional.

Interesting features

Nine airbags, USB port, power locks, digital clock, 60/40 folding rear seat, and rear wiper/washer are all standard equipment; options include a leather-wrapped steering wheel, keyless entry, heated mirrors and fog lamps.

Aging star gets a facelift

Review. Refreshed Toyota Yaris looks good but the unchanged mechanicals feel a little bit behind the times

JIL MCINTOSH
drive@metronews.ca

PHOTOS: JIL MCINTOSH

Once a rather dull-looking little car, the Toyota Yaris gets a major facelift for 2015.

Sporting a grille reminiscent of some Lexus models, the company's entry-level runabout now looks the part in this competitive subcompact segment.

You can get it as a two-door hatchback, which comes in a single trim level at $14,545. The four-door hatch comes in two trim levels, starting with the LE at $15,695, and my topline SE tester, which starts at $17,665.

Mine had a five-speed manual, while the available four-speed automatic takes it to $18,665.

The mechanicals didn't get changed in this update, and they're a little behind the times, but they do the job.

The 1.5-litre four-cylinder engine makes 106 horsepower and, although that doesn't sound like much, it's a fun little car to drive, especially with the stick shift.

A sixth gear would be nice, since the engine revs more than I like at highway speeds.

The suspension and steering have been tweaked, and the Yaris feels rigid and stable, with a tight turning radius that's handy for getting into tight parking spaces.

I'd like to see Toyota add hill-start assist, which momentarily holds the brake when you're stopped on an incline and gives you enough time to get your foot from the brake to the throttle without rolling backwards. It's handy for all drivers, but especially younger or inexperienced ones who are likely to be shopping in this price range.

Air conditioning, power windows, cruise control, and keyless entry are extra-charge on the base LE trim line, but standard equipment on the SE.

There's a lot of hard plastic in the cabin, as you'd expect for the price, but it's a handsome design and very functional.

The SE's sport-style seats are comfortable and fairly supportive, and you can fold down the rear seats for extra cargo space.

It may not be fancy, but the Yaris remains a viable contender in the little-car segment.

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Base price: $9,998
Canada's least-expensive car can only be found here; it's not sold in the United States.

2 Hyundai Accent
Base price: $13,599
Hyundai has lowered its prices now that the new Canada-Korea Free Trade Agreement is in effect.

3 Ford Fiesta
Base price: $14,999
Three engines range from the 120-hp base to a 197-hp turbo hot-hatch version.

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[1]Corolla CE: All in lease payment is semi-monthly for 60 months with $1200 down payment. Includes freight and fees, HST extra. [2]All in finance payment is bi-weekly for 84 months, includes freight and fees, HST extra.[3] All in price includes freight and fees, HST extra. [1]Rav4 LE FWD: All in lease payment is semi-monthly for 60 months with $1300 down payment. Includes freight and fees, HST extra. *All in finance payment is bi-weekly for 84 months, includes freight and fees, HST extra. [2]All in price includes freight and fees, HST extra.

*[1] Make no payments for 90 days when you purchase finance a new unregistered 2015 Toyota vehicle through Toyota Financial Services Canada. Offer applies on approved credit to retail customers who purchase and take delivery by February 2, 2015. The first monthly payment will be deferred for 60 days (until the 90th day of the contract) and finance contracts will be extended accordingly. Interest charges will not accrue during the first 60 days of the contract. After 60 days, interest starts to accrue and the purchaser will repay principal and interest over the term of the contract.

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Jaguar gets leaner, meaner in its return to glory

Autopilot. The latest rebuild for the storied but recently tarnished luxury brand appears headed for success. Sorry Maple Leaf and Oiler fans

AUTO PILOT
Mike Goetz
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Rooting for Jaguar is much like rooting for the Toronto Maple Leafs or Edmonton Oilers.

Lots of great history and many years leading the pack, only to be followed by a Sahara-like dry patch.

But you stay committed, because of the history, and because there is just enough semi-success here and there to keep you from abandoning all hope. But as each season comes and goes, you're left grasping at the only optimistic option: another total rebuild.

Well, at least one of these storied franchises finally appears ready to return to its former glory — rewarding its past, current and future fans. Here's a hint: it's not one that wears mouth guards.

Jaguar's latest rebuild effort looks to be the real deal, based on a massive investment by its current ownership group, Tata Motors of India.

Billions were spent on a new R&D centre and engine plant (both in the U.K.), and on a new assembly plant in China, which will produce Land Rovers and Jaguars.

A ton of money also went into developing Jaguar's new vehicle architecture, which has been in the works for years, and is finally ready for prime time.

Full of aluminum and very modular, it will form the basis of every new Jaguar coming down the pike, such as the new XE luxury compact, future compact and midsize luxury crossovers, the next-generation XF luxury sedan, and probably the next-generation XJ flagship as well. (Only the XF sports car has gone with a different architecture).

British indie rock band The Kaiser Chiefs helped launch Jaguar's new XE sedan in London last fall. CONTRIBUTED

When Tata bought Jaguar and Land Rover from Ford in 2008, analysts wondered how much pain it would have to go through before seeing any gain.

In 2010, global sales dropped to about 40,000 vehicles, a new and painful low.

But in just four short years, annual sales shot up to more than 100,000.

The new XF and XJ sedans initiated, and continue to build, momentum, and everybody loves the idea of the new F-type — the first real two-seat sports car from Jaguar since the iconic E-type of the 1960s.

Jaguar benefited from Land Rover's earlier, successful turnaround — the money was there to invest in Jaguar. The sharing of technology between the two brands will also help as they move forward.

And now we're hearing plans to sell both brands from the same showrooms, so that luxury shoppers will sense the breadth and variety of the combined brands as soon as they stroll inside the dealership. That should help develop more customer loyalty to the Jaguar Land Rover family.

Like all other auto makers, Jaguar is banking on an aggressive push into China, now the world's largest luxury market.

The other trick up Jaguar's sleeve is loading up on German executive talent. Many ex-BMW managers are now in the Jaguar/Land Rover fold, ready to try a new version of the business plan that has made the Munich-based automaker so successful.

With Jaguar poised for a great run, a coaching change is neither necessary nor imminent.

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Honda

Design. Car colours are very personal, but blame Apple for the boring whites

If you're driving an Aston Martin, the colour probably won't matter. For the rest of us, it's important. TORSTAR NEWS FILE

The next time you buy a car, you might want to pause a while longer when deciding on the colour.

Top automakers throw millions at researching what the latest tastes are, and say the colour of a vehicle is so important it can be the difference between buying or not.

The recent auto show in Detroit saw all the classic colours — red for Ferarri, yellow for Porsche — and a few less conventional (a Nissan Titan pick-up truck in "forged copper").

But there was no mistaking the preeminence of white — particularly at the Volkswagen booth, where several cars, the stairs, and much of the furniture were all white.

Of course, in a multibillion-dollar industry, nothing is left to chance.

At least two designers in Detroit referred to the "Apple effect" to explain the propensity for white vehicles.

"White for cars really peaked in the 1970s and 1980s, and then, all of a sudden, disappeared," said Volkswagen head designer Oona Scheepers, sitting at a white table, on white chairs, in a white room.

"But in the last 10 years, we have noticed an increase again in white. And it definitely came with the Apple iPod era, because Apple started to do everything with white, and a lot of nice chrome or metal finishes. In combination, it was really nice and fresh."

But black is still Volkswagen's best-seller. So if you choose a black vehicle over a white one, what kind of person does that make you?

"You could be sporty. But people in hot countries like white," Scheepers says. "White definitely deflects heat."

Volkswagen's research has also turned up a surprising anomaly: Younger buyers want more sober-coloured vehicles — while older drivers go for brighter ones. AFP

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Travel arrangements may be subject to delays today, so give yourself plenty of time to get where you need to be. If you do get held up, take it in stride.

♉ Taurus
April 21 - May 21
Don't let a friendship suffer over a money issue that is of no importance. It may seem a big deal to you now but in a matter of days you will realize it wasn't worth the time or the energy.

♊ Gemini
May 22 - June 21
A loved one will go out of their way to do something they hope you approve of today. Even if you are not impressed pretend that you are, because if you help them feel good now they will help you later on.

♋ Cancer
June 22 - July 23
Keep your eyes and ears open today because something you see or hear could be the final piece in a puzzle that has been causing you sleepless nights.

♌ Leo
July 24 - Aug. 23
Don't leave loved ones guessing what you expect of them. This is one of those times when you must spell things out in words of three syllables or less.

♍ Virgo
Aug. 24 - Sept. 23
Someone who never seems to stop complaining is beginning to get on your nerves and at some point today you will have to confront them.

♎ Libra
Sept. 24 - Oct. 23
You may not be enthusiastic about what you are expected to do today but if you are smart you will do it anyway. Others look up to you as someone who can be relied on.

♏ Scorpio
Oct. 24 - Nov. 22
A money-making idea may seem to be the answer to your prayers but as mind planet Mercury is going through one of its retrograde phases it will pay to be cautious.

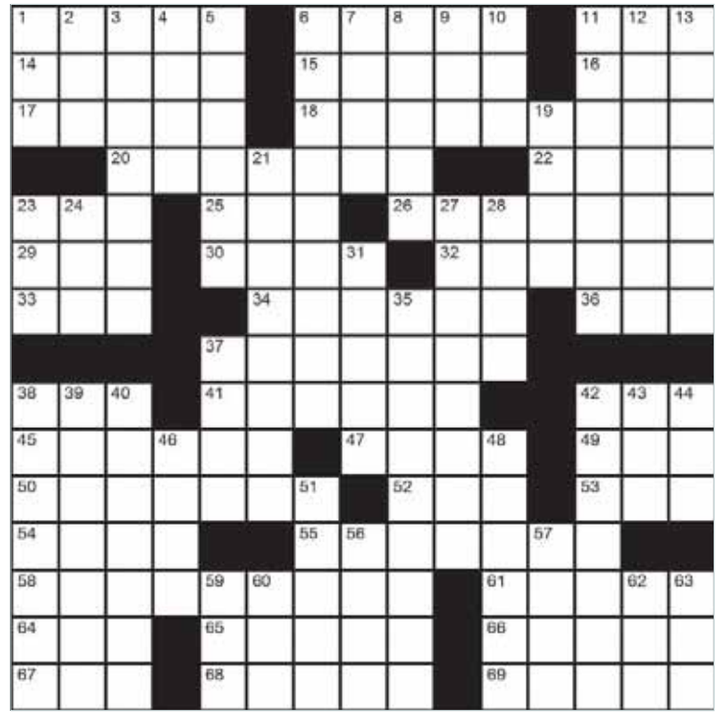
♐ Sagittarius
Nov. 23 - Dec. 21
A loved one will say something thoughtless today and your feelings will be hurt. Don't plot your revenge. It's unlikely they meant to be spiteful.

♑ Capricorn
Dec. 22 - Jan. 20
You may be tempted to cut corners and do less than your best on a task today but is that such a good idea? It will lead to mistakes and those mistakes will cost a lot to correct.

♒ Aquarius
Jan. 21 - Feb. 19
You are wasting time and energy fantasizing about things that are never going to happen. Today's Mercury-Uranus link demands that you bring your dreams down to earth.

♓ Pisces
Feb. 20 - March 20
The course of action you're about to take won't meet with everyone's approval but you don't care. Do it your way!

Crossword: Canada Across and Down by Kelly Ann Buchanan



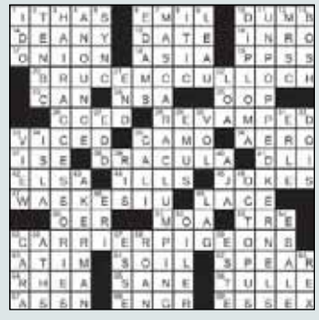
Across

1. Cooking: Not set high: 2 wds.
6. Hollies hit bit: "... heavy, ___ brother."
11. US cable network
14. Depression-era song: "Brother, Can You Spare _ __?"
15. Web-sent party notice
16. Promise to pay
17. Hockey, for example
18. Late-'70s futuristic series starring #40-Down: 2 wds.
20. Ancient Assyria's capital
22. Possess
23. Yalie
25. Soul: French
26. Footsteps
29. Industry, colloquially
30. "...__ _ ring on it." - Beyonce
32. Jean-Philippe __ (Baroque composer)
33. Spelling contest
34. Group of Seven member Arthur
36. "How ya doin'?"
37. Milk intolerance reason
38. Ms. Kardashian
41. Turtles tune: "__ __ Me Babe"
42. Arrow's partner
45. "That may be, but...": 2 wds.
47. Bun
49. Admiration
50. Whistle-holding cord
52. Name for many Popes
53. He humans
54. Eleven: French
55. Google yourself
58. 'Deep Fantasy' is a current album by what Vancouver punk rock band?: 2 wds.
61. Starts racing!: 2 wds.
64. __ Valley, San Francisco
65. Gambling mecca in China
66. Famous violin, commonly
67. Bronze Roman money
68. Actress, Holly Robinson __
69. Broadway performer Ms. McDonald

Down

1. '_' __ in Ottawa
2. Tom Mulcair's pol. party
3. Exalt enormously
4. Actor Mr. Katz
5. Fast food towelette
6. Sans serif font style
7. Ancient celebrator's "Whoopee!"
8. Swooning sounds
9. Kingston Trio hit
10. Yearning
11. Rants
12. Moncton's province, in French: __-Brunswick
13. Does a car maintenance job: 2 wds.
19. Carpentry wedge
21. Imitator
23. Decline
24. Untruth
27. Bridge frameworks
28. Scarce
31. Displaying activity
35. Late night talk show opening
37. "The Simpsons" sister
38. BC: Okanagan Valley city
39. Sir Walter Scott novel about a Saxon knight
40. Toronto-born actress Heather (See #18-Across and #48-Down for more!)
42. Canadian country star Gord
43. "Thanks! I __ you one."
44. Hair care brand
46. Novosibirsk 'no'
48. Daughter played by #40-Down in "The Sound of Music" (1965)
51. Tie score in tennis
56. Bothersome bug
57. Alphabet sequence
59. 'E' in HRE, for short
60. Papua New Guinea seaport
62. Outlying
63. US health-related agcy.

Yesterday's Crossword

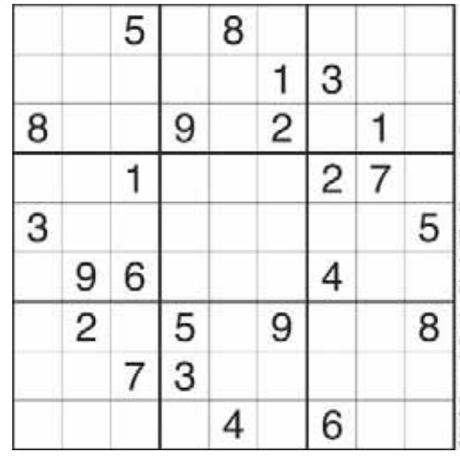


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

3	1	9	7	2	5	8	4	6
5	4	7	9	6	8	2	3	1
2	6	8	3	4	1	9	5	7
6	7	5	2	1	9	4	8	3
4	8	2	6	3	7	5	1	9
9	3	1	5	8	4	7	6	2
1	5	3	8	9	2	6	7	4
8	9	6	4	7	3	1	2	5
7	2	4	1	5	6	3	9	8

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2015 RIO LX MT

Rio4 SX with Navigation shown[‡]
Cash purchase price $22,514
HWY / CITY 100KM^ : 5.3L/7.3L

from **$21** weekly for 69 payments | **0%** financing for up to 84 months | **$0** down payment[Δ]

Includes "Half Price Payments" credit. $21 weekly payment amount includes $1,500 Half Price Payments Credit. Payments are based on 2015 Rio LX MT (R0541F) 84-month financing. After 69 weekly payments at $21, the weekly payments will increase to $43^. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.

2015 SORENTO LX AT

Sorento SX AT AWD 7-Seat shown[‡]
Cash purchase price $38,894
HWY / CITY 100KM^ : 9.0L/12.7L

from **$39** weekly for 50 payments | **0%** financing for up to 84 months | **$0** down payment[Δ]

Includes "Half Price Payments" credit. $39 weekly payment amount includes $2,000 Half Price Payments Credit. Payments are based on 2015 Sorento LX AT (SR75BF) 84-month financing. After 50 weekly payments at $39, the weekly payments will increase to $79^. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.

2015 FORTE LX MT

Forte SX AT shown[‡]
Cash purchase price $26,814
HWY / CITY 100KM^ : 5.3L/8.0L

from **$24** weekly for 62 payments | **0%** financing for up to 84 months | **$0** down payment[Δ]

Includes "Half Price Payments" credit. $24 weekly payment amount includes $1,500 Half Price Payments Credit. Payments are based on 2015 Forte LX MT (F0541F) 84-month financing. After 62 weekly payments at $24, the weekly payments will increase to $48^. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.

2015 OPTIMA LX AT

Optima SX Turbo shown[‡]
Cash purchase price $33,514
HWY / CITY 100KM^ : 5.7L/8.9L

from **$36** weekly for 28 payments | **0%** financing for up to 84 months | **$0** down payment[Δ]

Includes "Half Price Payments" credit. $36 weekly payment amount includes $1,000 Half Price Payments Credit. Payments are based on 2015 Optima LX AT (OP742F) 84-month financing. After 28 weekly payments at $36, the weekly payments will increase to $73^. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.

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